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OTTAWA metro®

Wednesday, January 9, 2013

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LEGAL SHOWDOWN

Steve Courtoreille, chief of the Mikisew Cree First Nation, speaks about legal action being taken against the federal government on Parliament Hill on Tuesday in Ottawa. For more on the story, see page 6. In other legal news the Supreme Court ruled Metis should enjoy the same rights as First Nations peoples under the Indian Act. For that story, see page 3. ADRIAN WYLD/THE CANADIAN PRESS

Scan we or scan't we?

ALPR technology.

Privacy czar to Ottawa police: Work with me on plate readers

ALEX BOUTILIER
alex.boutilier@metronews.ca

Ontario's privacy commissioner is reaching out to Ottawa police in hopes the force will work with her office should they decide to use licence-plate scanners.

Dr. Ann Cavoukian said Tuesday her office has worked with a number of forces, including the Ontario Provincial Police, on ensuring law-abiding citizens' privacy is not infringed upon by automatic licence-plate recognition (ALPR) technology.

"The majority of licence plates (belong to) law-abiding citizens. Less than two per cent relate to individuals who have a legitimate reason to be caught," Cavoukian said.

"If you've broken the law, by all means, you've forfeited your privacy ... but most of us driving on the road are law-abiding citizens going about our daily business."

Cavoukian was responding to news Tuesday that the Ottawa Police Service had completed a three-month test of ALPR technology, which allows police cruisers to automatically record licence-plate numbers and flag drivers with infractions.

The technology is currently employed by the Ontario Provincial Police, some RCMP detachments and a number of other Ontario municipal forces.

Data from the test is still being analyzed, according to Insp. Mike Callaghan. He said the OPS has not decided if it will adopt the technology.

Cavoukian wants to work with the force, should they decide to go forward with ALPR, to ensure information collected from law-abiding motorists is quickly disposed of.

Callaghan said the system purges non-flagged data every 20 minutes.

"We take privacy laws very, very seriously," said Callaghan.

By the numbers

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Each automatic licence-plate recognition unit costs $25,000.

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CHEO gets $10-million boost from province

Children's hospital.
New funding will go to renovating, expanding surgery and care units

EDDIE RWEMA
eddie.rwema@metroland.com

The Children's Hospital of Eastern Ontario will soon be able to perform 2,200 additional operations each year, thanks to new provincial funding.

Premier Dalton McGuinty announced Tuesday his government will spend close to $10 million to renovate and expand the day-care-surgery and post-anesthetic-care units at CHEO.

"We do everything we can, stretch as far as we need to, make every sacrifice that is necessary to ensure that our children receive the best possible care," said McGuinty.

The renovations, expected to be completed in 2015, will allow CHEO to reduce patient travel and transportation within the hospital, improve patient safety and infection control, and increase the flexibility of surgical operations.

"The demand for operating services continues to grow," McGuinty said. "We need to build more capacities when it comes to surgeries in particular. This will help us get going in the right direction."

Although CHEO has been able to increase the number of surgeries performed annually by 16 per cent since the fall of 2009, the waiting list has also increased during that time.

"This is important because waiting for treatment of any kind is a bigger burden for kids and can, in some cases, have a significant effect in their developments and well-being," said Dr. Carrol Pitters, CHEO's chief of staff.

"With this investment, you are helping CHEO provide our children and youth better access to surgical services."

Ontario Premier Dalton McGuinty plays a game of Sorry with 17-year-old Brody Froats prior to making a provincial funding announcement to help renovate and expand CHEO's day-care-surgery and post-anesthetic-care units on Jan. 8. EDDIE RWEMA/METROLAND

Time to rethink Indian Act: Aboriginal groups

Congress of Aboriginal Peoples National Chief Betty Ann Lavallée said that a court ruling redefining Metis and non-status Indians as "Indians" under the Constitution Act will open the door to more equitable system. GRAHAM LANKTREE/METRO

A decision Tuesday by the Federal Court that redefines Metis and non-status First Nations as "Indians" under the Constitution Act sends a message that it's time for Canada to rethink the Indian Act, said representatives of some aboriginal groups.

"The Indian Act has to go," said Betty Ann Lavellee, national chief of the Congress of Aboriginal Peoples. "I do understand that you can't just get rid of it overnight. But a Canada without the Indian Act is going to look pretty good as long as we're back to our treaty relationship."

Under the Federal Court ruling, some 600,000 Metis and non-status Indians who live off-reserve could potentially be afforded the same health, education and other benefits Ottawa gives to status Indians under the act, such as being able to hunt, trap, fish, gather on public land and negotiate treaties.

Yet these groups refuse to become part of the Indian Act, which First Nations groups have criticized in recent weeks during the protests and a hunger strike launched as part of the Idle No More movement.

"There's no way in hell that the Metis will allow themselves to be under that act," said David Chartrand, president of the Manitoba Metis Federation. "Harper now has a chance to create modern-day agreements. The ruling says to Canadians as a whole that they have to make changes. It's now given us a clear agenda that we have to do something."

The case, which began in 1999, cost the Congress of Aboriginal Peoples more than $2 million to fight. The federal government spent a similar amount.

"Courts have said time and time again that these issues need to be at the negotiating table, not in the legal system," said Chief Lavellee, adding she hopes she will soon sit down to discuss the ruling with Minister of Aboriginal Affairs John Duncan. GRAHAM LANKTREE/METRO

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Carleton graduate's modular housing design up for award

The XXS design of modular spaces that Carleton architecture graduate Raymond Chu came up with to alleviate poor living conditions in Hong Kong was nominated for the Graduate Architecture Award. CONTRIBUTED

Resourceful. Idea 'could apply anywhere in the world,' former student says

After he experienced living in a Hong Kong slum, Carleton architecture graduate Raymond Chu's designs to make conditions better for the poorest around the world have been shortlisted for an award.

"The people I talked to like the idea and think it's a project where I should keep going with my work," said Chu, whose thesis Extra Extra SMALL! (XXS) was shortlisted for the international Graduate Architecture Award. "I have a passion to help those in need and can't afford to have a house or even rent a place."

A Hong Kong native, Chu lived in public housing until he was nine. "When I was heading back to do my master's degree, this issue of subdivided units came up," he said. "News articles started popping up that people are dying in these units. They are body length in size."

He travelled to Hong Kong in 2011 and rented a unit in the poorest slum in the city. "I put myself there and it blew my mind," Chu said. "It's like you're on a really packed bus. You can hear and smell everyone. It was scary. A lot of these apartments are operated by triads."

Landlords find existing high rise buildings, go into the apartments, take out all the walls and divvy them up with dry wall into long narrow units big enough for a small bed. "I paid $10 a day for 14 square feet," he said.

To create a solution, Chu came up with the idea of making the space modular, with sleeping spaces and furniture that could be opened and compressed depending on need.

GRAHAM LANKTREE/METRO

Quoted

"The people I talked to like the idea and think it's a project where I should keep going with my work."

Raymond Chu
Carleton architecture graduate

2013 a year to honour Korean War veterans

More than 1,500 Canadians were wounded and 516 were killed during the Korean War in the 1950s, yet Canada's third bloodiest conflict is still often described as "the forgotten war."

To change the perception of the three-year war, Veterans Affairs Minister Steven Blaney announced Tuesday that 2013 will mark the Year of the Korean War Veteran.

About a dozen veterans who served in the Korean peninsula attended the announcement at the Canadian Aviation and Space Museum and welcomed the tribute.

"They were reckless, they were fearless, and many of them are still with us today," said Blaney at the announcement, before asking the veterans to stand up to be formally recognized.

After North Korea crossed the 38th parallel into the Republic of Korea on June 25, 1950, Canada joined a United Nations-led multinational offensive. Even after both sides signed an armistice on July 27, 1953, many Canadian troops stayed behind an extra four years for support.

"These men and women — Canada's veterans of the Korean War — bravely took up battles that were not their own," said Blaney.

The minister also announced the launch of an educational, interactive web portal called "Land of the Morning Calm" at veterans.gc.ca.

It allows visitors to watch news footage, veteran interviews and archival footage dedicated to Korean War history.

Blaney said it is the duty of Canadians to pay tribute to the 26,000 uniformed men and women who served in the Korean peninsula.

JOE LOFARO/METRO

Quoted

"These men and women — Canada's veterans of the Korean War — bravely took up battles that were not their own."

Veterans Affairs Minister Steven Blaney

Korean War veterans listen to Veterans Affairs Canada Minister Steven Blaney announce that 2013 is the Year of the Korean War Veteran during a press conference at the Canadian Aviation and Space Museum on Tuesday. JOE LOFARO/METRO

Investigation

Search on for van involved in fatal drive-by

Ottawa police believe two suspects involved in a fatal drive-by shooting on Innes Road last August fled the scene in a silver van.

Levy Kasende was gunned down in the early morning hours near 2676 Innes Rd. on Aug. 25, 2012. Police believe the shooting was gang-related, and said Kasende was known to police.

A witness described three gunshots before she saw Kasende lying on the ground. He was 22.

Police now believe two suspects fled the scene in a silver 2004 Mazda MPV van. On Aug. 25, police recovered the van, which had been destroyed by fire, near the area of Rockdale Road.

Police are asking anyone with information about Kasende's murder to come forward, or to provide information anonymously through Crime Stoppers at 613-233-8477 or toll-free at 1-800-222-8477.

ALEX BOUTILIER/METRO

Police believe this van may have been used in a fatal drive-by shooting on Aug. 25, 2012. Early that morning, Levy Kasende, a 22-year-old, was shot. HANDOUT

On the roads

Two detained after morning traffic stop

Police detained two people and brought out a drug sniffing dog after an early morning traffic stop near Bronson and Gladstone Avenues on Tuesday.

"Two people have been spoken to and detained," said police spokesman Cst. Marc Soucy.

"You can be detained and not arrested for investigative purposes."

Police closed off a block while the Guns and Gangs unit investigated the area along with the silver Chrysler 300 the suspects were riding in Gladstone Avenue.

GRAHAM LANKTREE/METRO

Ready for action: an assault rifle made with printed parts. CONTRIBUTED

3D gun printing threatens U.S. reform

Armed. Company produces parts likely to be banned by pending gun-control plans

KIERON MONKS
Metro World News

After the tragedies of Sandy Hook and Aurora, the U.S. government is preparing to introduce stricter guidelines on gun ownership. But supporters of the Second Amendment could get around them by printing their own firearms at home.

The technology is still developing, but 2012 saw the first shots fired from guns with printed parts. "Gun hacking" has a growing community in online forums and has become serious business.

"I have five people now making AK-47 magazines — they're incredibly easy to reproduce," Cody Wilson, CEO of the Defense Distributed company in Texas, told Metro. A firm believer in the right to bear arms, Wilson is deliberately producing parts for assault weapons likely to be banned by new controls.

"(U.S. Vice-President) Joe Biden's group are using the assumption that if you control the channel you control the product — but that is not the case anymore," says Wilson.

No control

"We do not promote guns, but we cannot control the use of the product."

Spokesperson for 3D print company Automaker

His company has made open-source code for over 30 gun parts available online, and claims they receive thousands of downloads a day.

The printed guns are not a finished product. "At this point the biggest problem is the force of explosion in the chamber," Kevin Coleman, military technology analyst, told Metro. But the U.S. military has begun to outfit its mobile labs with 3D printers to replace parts, and Coleman believes "further down the line you could produce a weapon that way."

So how could the weapons be controlled? Government can't intervene effectively, says Michael Weinberg, attorney specializing in emerging technologies. "When you apply anger over gun control to a general-purpose technology there's a lot of collateral damage," he said. "We don't know enough about 3D printing to legislate the future."

Giffords to fight U.S. gun lobby

The former U.S. congresswoman who was shot in the head two years ago launched on Tuesday a national effort against gun violence, saying she and her husband will work to counter the country's strong gun lobby, the NRA.

Gabrielle Giffords' effort comes as the Obama administration faces a self-imposed deadline at the end of this month to propose ways to curb the mass shootings and other violence that continue to grip the country. The administration this week is calling gun-owner groups, victims' organizations and representatives from the video-game industry to the White House for discussions.

The sense of urgency comes after a young man with a high-powered rifle, legally purchased by his mother, shot 20 young children and six adults to death at a school in Connecticut last month. President Barack Obama called the shooting the worst moment of his presidency.

One top Republican has warned that action on gun violence will be pushed back due to debate over fiscal issues.

Giffords, who has owned a Glock pistol, and her husband, former astronaut Mark Kelly, are becoming prominent voices for gun-control efforts. They wrote in an opinion piece published in USA Today that their Americans for Responsible Solutions, a political action committee, would help raise money to support greater gun-control efforts.

THE ASSOCIATED PRESS

Gabrielle Giffords
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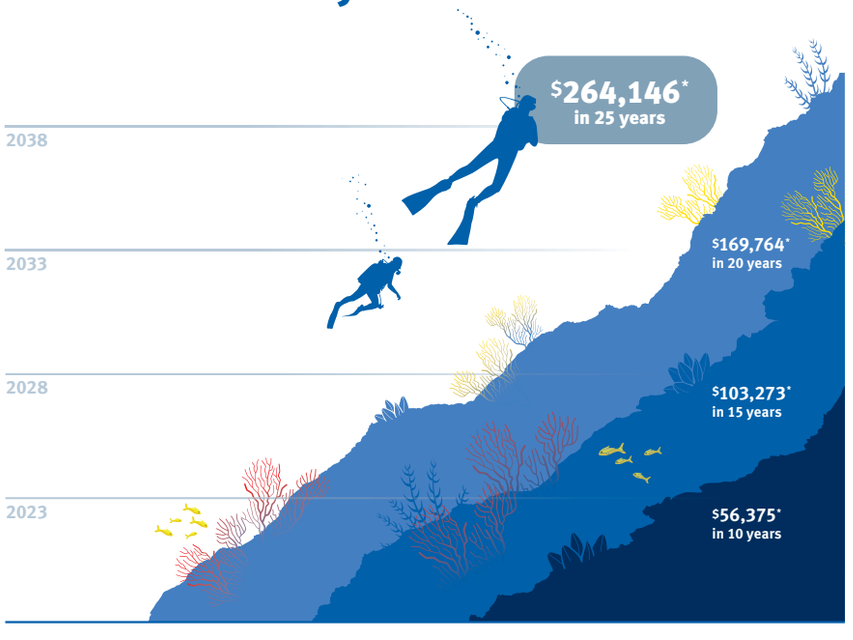

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Watchdog tries to rein in Internet-surveillance bill

Your privacy. Public outcry may force Tories to find a compromise over bill that will let police and others access your computer

"Hands off our computer keyboards," protesters say, but the federal government has other ideas. Now the federal privacy watchdog is trying to find "middle ground between security and privacy." JONATHAN HAYWARD/THE CANADIAN PRESS

Broad powers

The Harper government's plans for Bill C-30 shocked Internet users all over Canada.

- **What privacy?** The legislation would give police, intelligence and Competition Bureau officers access to Internet subscriber information — names, addresses and phone numbers — without a warrant.
- **Watch your words.** It would also require service providers to let police intercept messages and conversations.

An intense public outcry over the Conservative government's blockbuster bid to bolster Internet-surveillance powers may be paying off.

The federal privacy watchdog has jumped into the fray to try to help the Tories find a compromise.

The watchdog proposes new procedures that will, yes, give police and spies key information about Internet users.

But it's striving to retain the principle of judicial oversight, a memo obtained under the Access to Information Act shows.

The internal memo reveals assistant privacy commissioner Chantal Bernier asked University of Montreal law professor Karim Benyekhlef to "help find a middle ground between security and privacy."

Opponents of the bill say allowing authorities access to Internet-subscriber information without a court-approved warrant would be a dangerous infringement of privacy, because even that limited data can be revealing.

Benyekhlef, a former federal prosecutor, says the bill is inconsistent with the Charter of Rights because it allows warrantless access to subscriber information.

"There is tradition in Canadian law that the state must have a warrant before exercising its search or seizure powers," Benyekhlef said.

The government has indicated the bill would go directly to a House of Commons committee, skipping the usual second reading, to allow for amendments. But it has not yet resurfaced.

THE CANADIAN PRESS

Court fight. First Nations refuse to 'roll over and accept' two Tory bills

Two First Nations from Alberta are taking the federal government to court.

They claim they weren't consulted about Conservative omnibus budget legislation that makes significant changes to environmental protection and assessment.

The Mikisew Cree First Nation and the Frog Lake First Nation launched their legal challenge Tuesday in Ottawa.

"The rest of Canada should be with us in support and send a message to Stephen Harper and his government that what they're doing is wrong," said Chief Steve Courtoreille of the Mikisew Cree First Nation.

"They can't ram bills down our throats and expect us to roll over and accept it, because this is going to affect our future, affect the future of all of Canada."

The two First Nations want a judicial review of parts of Bill C-38 and Bill C-45, focusing on changes to the Fisheries Act and the Navigable Waters Protection Act.

THE CANADIAN PRESS

Cold comfort? Scientists blame global warming for U.S.'s hottest year on record

Government meteorologists say 2012 was by far the hottest year on record in the United States.

The average temperature was over 55 F, or 12.78 C, a full degree Fahrenheit warmer than the previous record of 1998. Normally, temperature records are broken by about a tenth of a degree.

Scientists blame the heat on global warming and weather variations. That includes the drought that gripped almost two-thirds of the nation.

July was also the hottest month on record.

The tally was released Tuesday by the National Climatic Data Center.

U.S. temperature records go back to 1895. They're based on reports from more than 1,200 stations across the Lower 48 states.

THE ASSOCIATED PRESS

Can this man's mom solve Dief mystery ?

His mom is the last resort.

A man who believes he's the son of former prime minister John Diefenbaker is pleading to have his mother confirm his paternity.

George Dryden has drawn a disappointing blank in his latest bid for genetic truth.

Exhaustive DNA tests on a tooth found in a museum in Saskatoon were unable to come up with a definitive match to end Dryden's quest once and for all.

"Unfortunately, so many people have mishandled the material over the years that it has been compromised to the point where it is impossible to obtain a clear DNA profile of Mr. Diefenbaker," the testing company said in a letter this week to Dryden.

Dryden, 44, who many say bears a striking resemblance to Canada's 13th prime minister, has been on a two-year quest to nail down his paternity since discovering that Gordon Dryden, the man he always thought was his dad, was not his biological father.

His mother, Mary-Lou Dryden, was a known confidante of Diefenbaker, who was prime minister from 1957 to 1963 and died in 1979.

She may have had an affair with the PM — who is believed to have been childless.

Dryden, a Toronto businessman, said the most obvious next step is to ask his mother who his father was.

The problem, Dryden claimed, is Gordon Dryden is keeping his wife at an unspecified location and won't allow him to see her amid a soured relationship exacerbated by a lawsuit over family money.

Gordon Dryden, a lawyer and former treasurer of the federal Liberal party, could not be reached for comment on Tuesday.

THE CANADIAN PRESS

George Dryden believes his dad was John Diefenbaker, prime minister from 1957 to 1963. But exhaustive DNA tests have drawn a blank, and he hopes his mom can solve the mystery. COLIN PERKEL/THE CANADIAN PRESS

Quoted

"The evaluation we were able to do indicated some matching markers, but the results are inconclusive,"

The DNA testing company in a letter to George Dryden

911 call

Help! Hamsters are invading

A hamster invasion is no emergency, say RCMP in Coquitlam, B.C., who are reminding callers how to use the 911 line.

Const. Jamie Chung said an angry man called 911 after buying a hamster that gave birth to a litter of 10.

He said the man was upset because the store refused to give him a refund.

Chung says the call-taker explained the 911 line isn't there to settle consumer disputes and talked the man out of dropping the hamster brood off in the Mounties' parking lot.

THE CANADIAN PRESS

Chemical courtship

Wasps 'go steady' by playing tag

Biologists say fast-flying male wasps use smooth moves to build harems of female lovers.

Simon Fraser University researchers say the tiny insect Lotharios use their antennae to tag a female's antennae with a potent pheromone.

And this chemical substance tells other male wasps the lady is taken.

THE CANADIAN PRESS

B.C drama

18-year-old hurt in avalanche

An 18-year-old man has been injured in an avalanche on Mount Washington on central Vancouver Island.

RCMP Cpl. Darren Lagan said a search-and-rescue crew was on the way to help those caught in the slide. Lagan couldn't say how badly injured the victim was.

THE CANADIAN PRESS

Is this art?

Nude man a hot sight on icy lake

A Halifax RCMP officer was confronted with an arresting sight: a naked man on a frozen lake.

In fact, there were two people on the ice, said Cpl. Scott MacRae. The officer saw the "middle-aged naked man and a woman in her 20s taking pictures of him" for an art project, MacRae said.

The officer told them their behaviour was unsafe because of weak ice, and they apologized. No charges were laid.

METRO IN HALIFAX

Real estate market 'still relatively solid'

Mortgage lending. Country's top bankers tell conference that slowdown is limited to certain markets

Canada's real €€estate market remains "relatively solid" and should experience a "soft landing" despite the current slowdown and fears of overbuilding in the condominium segment, the country's leading bankers said Tuesday.

Speaking to an RBC banking conference in Toronto, the country's top bankers said they don't expect a dramatic downturn like the one in the United States about five years ago.

The bursting of the U.S. housing bubble is considered a major cause of the credit crunch that swept Wall Street and then the global economy in the fall of 2008, after interest rates on sub-prime mortgages rose and defaults soared.

By contrast, sub-prime mortgages have been less common in Canada, and real estate prices have trended upward for the most part — except for a few months during the 2008-09 recession and in some economically disadvantaged areas.

"Our expectation is that the overall real estate market in Canada is still relatively solid," Royal Bank CEO Gord Nixon said Tuesday.

Despite reports that suggest Canadian housing is in crisis, he said the pullback is limited to a couple of markets, notably Vancouver.

"We have seen a slowdown in sales and we've certainly seen a slowdown in mortgage demand, but price levels are relatively stable," he said.

THE CANADIAN PRESS

Market Minute

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Natural gas: $3.22 US (-5¢)
Dow Jones: 13,328.85 (-55.44)

Amid turmoil in Spain, a ray of hope

Health workers protest against austerity measures outside a hospital in Pamplona, Spain, on Tuesday. Amid the country's economic strife, there's news that its borrowing costs have dropped sharply from unsustainable highs last year. Spain's treasury says it plans to borrow €230 billion (about $300 billion) in 2013, down from €250 billion last year, and is expecting to pay lower interest rates than those that battered the country in 2012.

ALVARO BARRIENTOS/THE ASSOCIATED PRESS

Two-day shipping

Amazon Prime comes to Canada

Amazon has launched its unlimited, two-day shipping service in Canada. The world's largest online retailer says Amazon Prime will now be on offer to Canadian customers for an annual fee of $79.

Amazon says the two-day shipping guarantee will be offered in most of Canada. Customers in rural areas, particularly in the North or the Maritimes, can get unlimited shipping but without the two-day guarantee.

THE CANADIAN PRESS

Hamburger U founder

Ex-McDonald's CEO dies at 80

A former McDonald's CEO who helped expand the fast-food chain's global footprint and spearheaded the creation of the Hamburger University training facility died Monday night after suffering complications from pneumonia, the company said. He was 80.

During Fred L. Turner's time as CEO from 1974 to 1987, McDonald's more than tripled its number of locations and set up shop in dozens of new markets, the company said in a statement. THE ASSOCIATED PRESS

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DOES THE NHL THINK WE'RE ALL CHUMPS?

JUST SAYIN'
Paul Sullivan
metronews.ca/voices/just-saying

Are you ready for some hockey?

You've probably been ready since last September, but the NHL does not care.

The NHL does care about salary caps, revenue sharing, pension plans, free agency and all the other arcana of the hockey business, so much so that they shut the whole show down for 113 days to eliminate distractions.

Message to fans: Not now, not now. Can't you see we're talking about bidness?

So now an agreement between the players and the owners has been struck and arenas across North America should be open for business on Jan. 19.

Hockey's back. The question is: Do you care?

The answer is easy: Of course you do. You grew up on skates. You live and die by the fortunes of your team. You personally identify with your favourite players, from Ryan Kesler to Ryan Nugent-Hopkins to … someone … on the Toronto Maple Leafs roster, I'm sure.

Send in the clowns

The NHL has your number. It owns your hockey soul, and when the gates swing open next Saturday, the NHL expects you to be there, all decked out in the jersey of your favourite multi-millionaire and your foam finger.

You care so much it hurts. It hurts when the game takes your heart and slams it into the boards. This is the second NHL lockout in the last decade. Last time, like an abused spouse, you came back, hoping it would be different. It's not different. Are you going to come back this time?

Of course you are.

The NHL has your number. It owns your hockey soul, and when the gates swing open next Saturday, the NHL expects you to be there, all decked out in the jersey of your favourite multi-millionaire and your foam finger.

And you will be there, because the NHL is the only game that matters. Hockey's entire culture, built on a base of suburban rinks and small-town arenas, fuels the NHL, where the 690 best players on Earth do their thing. If you're watching the Oshawa Generals, it's to spot future NHL stars. If you're watching the Abbotsford Heat, it's only because a real NHL pro is passing through or falling in. If you're watching the Spengler Cup, you're watching a reshuffle of the NHL deck.

They have you where they want you. Which is why they can take you for granted and shut the league down while they haggle over the salary cap or whatever. They know you'll be there, nose pressed to the Plexiglas, when they decide it's time.

A word about "you." You are not a resident of Tampa Bay, Fla., U.S.A. You are Johnny Canuck from Moose Jaw or Moosonee. You know that whatever happens in Miami or Minsk, hockey is your birthright. No one else in the world cares the way you care.

If that makes you a chump, then so be it. At least now there's hockey.

On the web

Talk about this article on metronews.ca.

Catch a tiger by the flail

ASHLEY VINCENT/NATIONAL GEOGRAPHIC PHOTO CONTEST

Prize capture

Tigress in water photo wins big

An Indochinese tigress named Busaba shakes herself dry after a swim at Khao Kheow Open Zoo in Chonburi, Thailand. The Explosion! by Ashley Vincent, 49, a British wildlife photographer based in Thailand, shook off the competition of more than 22,000 entries to win the 2012 National Geographic Photography Contest. **METRO WORLD NEWS**

Equipment used

- Canon EOS 7D with a Canon EF 70-200mm f/2.8L IS MK II USM lens.

Q&A with photographer Ashley Vincent

'An explosion of water droplets'

How did this photo come about?
My family and I were showing my mother-in-law around the zoo. She wanted to see some tigers, so we made our way over to Busaba, who at the time was being fed slivers of fresh meat. I'd never taken much interest before in watching this — it's more for the benefit of visitors to Thailand — until one piece Busaba had caught hold of slipped and fell into the pool. She dived in to retrieve it and, as she re-emerged, shook herself dry with an explosion of water droplets, and in an instant I had a cartoon light bulb appear above my head!

For you, what message is revealed in this image?
This is just one moment when this animal is so engaged in natural behaviour that any melancholy thoughts we may have, like animals in captivity, are expelled from our minds. It's freedom from thought.

Any advice for budding photographers?
For all the money I've spent travelling around in Asia and Africa to (photograph) wild animals, ironically this winning image I captured was taken about 30 minutes away from my house. I believe a tiger, for example, in captivity can be every bit as amazing and gorgeous as a tiger in the wild. So as wonderful as "wild" animal photography can be, until such a dream opportunity comes along, don't feel in any way disadvantaged because the only alternative you may have is to photograph captive animals.
METRO WORLD NEWS

That's entertainment?

All not right as Rain in S. Korean army

South Korea's defence ministry has decided to confine pop star Rain to his base for a week for meeting with an actress while on duty.

The penalty is the lightest a South Korean soldier can face. Paparazzi photos recently showed Rain with actress Kim Tae-hee when he wasn't allowed to have private meetings while outside his base for official duties such as recording and performing.

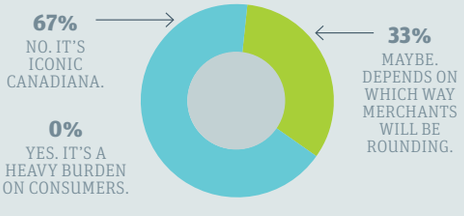
Rain is fulfilling his two-year mandatory military service as an "entertainment soldier." His meetings with Kim raised suspicions that the military was coddling popular entertainers with special favours because they help enhance its image. Officials deny it.

Time magazine named him one of the world's 100 most influential people in 2011. **THE ASSOCIATED PRESS**

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should the nickel follow the penny into retirement?



Twitter

@n00b_blogger:
Pro tip: mcdonald's on rideau is not the place to hit on a cashier.

@LaurenNewby:
Today was a #sorel day #ottawa, where was the memo??

@jamkatmcc:
Consciously choosing to wait another fifteen minutes instead of running 10 metres for the bus #lifedecisions

@wilimartin:
Trying to figure out how I'll handle meshing my network with the new house's network. Difference of subnets is just the start...

@stephrochefort:
@GirlCrafted That's a good idea, I'll tell my boyfriend to do that with the chips. Maybe put them in a bucket of cement.

@LianneW:
I'm not sure how I feel — besides wicked old — about my 7 year old being able to reach and properly operate the microwave.

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In Focus

Hoping for more award success

IN FOCUS
Richard Crouse
scene@metronews.ca

Zero Dark Thirty is billed as "the story of history's greatest manhunt for the world's most dangerous man." It's a carefully plotted espionage tale that flows from the clues that lead to the death of Osama bin Laden at the hands of the Navy SEAL Team 6 in May, 2011 and it will very likely earn its director, Kathryn Bigelow, an Academy Award nomination.

It won't be the first time the Academy has honoured her. In fact, she's one for the record books. Her last film, The Hurt Locker, was a huge critical hit and made her the first woman to win best director awards from the Academy Awards, the Directors Guild of America, the BAFTAs and the Critics' Choice Awards.

It was her first serious awards recognition. At age 61 she is a veteran with nine features, hours of television and music videos for bands.

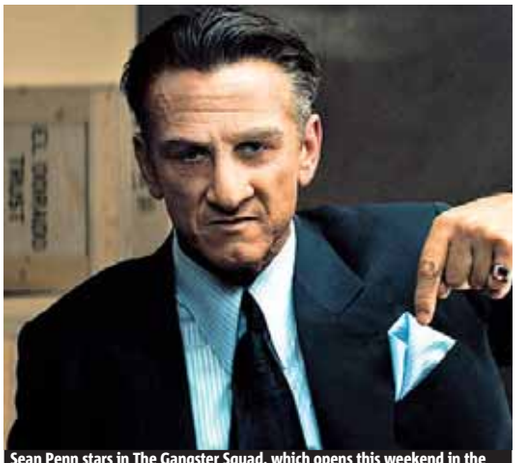
A trilogy of action films — Blue Steel, Point Break and Strange Days — saw her blend technical sophistication with themes that redefined the genre of the movies.

"When you have this great social tool, at the very least, take advantage of it as a means to communicate."

Movie violence in a gun sensitive period

Industry issues.
The Gangster Squad and The Last Stand filmmakers respond to shootings

NED EHRBAR
Metro World News



Sean Penn stars in The Gangster Squad, which opens this weekend in the shadow of recent gun violence in the U.S. HANDOUT

The recent high-profile U.S. shootings — most notably in a movie theatre in Colorado in July and an elementary school in Connecticut just before Christmas — have brought attention back to gun violence in popular culture. It's an issue the people behind two of this month's more bullet-ridden releases have had to grapple with while promoting their films.

"It's obviously something that's affected all of us. I don't think anybody has spent the last few weeks not thinking a lot about that, but this is fantasy and that's reality," says Lorenzo di Bonaventura, producer of the Arnold Schwarzenegger shoot-em-up The Last Stand, out later this month. "I think we need to figure out reality, and fantasy always follows reality. I'm not a politician, so I'll stay off my point of view, but it's clearly something that all of us have a great deal of respect for what those people have suffered, and we don't look at this as part of that. They're two different things."

One film that's been even more closely linked to recent tragedy is Gangster Squad, about police going to war with a ruthless criminal in 1940s L.A. Originally, the film featured a scene depicting mobsters opening fire on a movie theatre full of patrons, but Warner Bros. quickly decided to cut the scene and postpone the film's release following the movie theatre shooting in Aurora, Colo.

"The Aurora shooting was an unspeakable tragedy, and out of respect for the families of the victims, we felt it necessary to reshoot that sequence, and I'm proud of the fact that I did that," director Ruben Fleischer says. "I think that we should all respect the tragedy and not draw associations to our film as a result of ... I mean to these types of tragedies."

While producers and directors might be careful with their statements, their stars are much more willing to spout off on the topic. Gangster Squad star Josh Brolin thinks connecting violence onscreen to violence in real life is a misguided oversimplification.

"You have to look at the grand scheme of things, from a universal standpoint," Brolin, who fires his fair share of rounds in Gangster Squad, says. "You have video games, you have psycho-pharmaceuticals, you have lowest employment, you have parents that aren't at home. You have CNN who gloms on to the worst of what's going on and not necessarily the best or the most heroic. So, there's many different factors. There's always been violence in movies and there always will be violence in movies. Whether it leads to the one psychotic that's out there that's thinking the worst thoughts you can possibly think is always going to be a mystery, I think."

Schwarzenegger agrees that scapegoating entertainment is a mistake.

"It's two different issues. This is entertainment, and the other thing is a tragedy beyond belief and it's serious and the real deal," he says, referring to the shooting in Newtown, Conn.

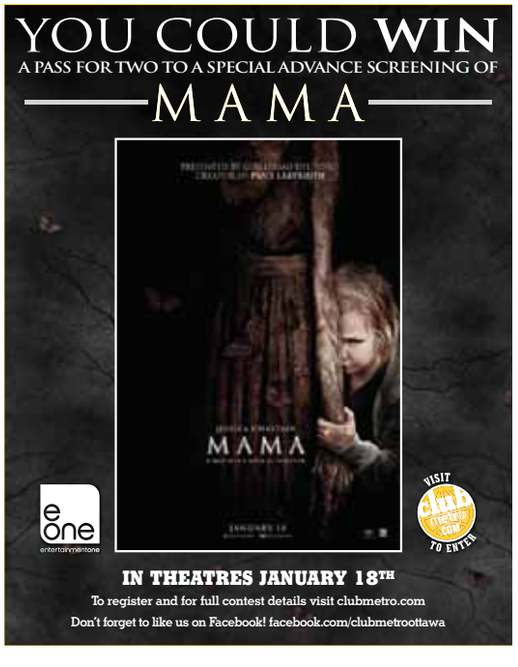
The former governor of California, who's no stranger to hot-button issues, already sees plenty of areas that need investigating.

"How can we do better with gun laws? If there is any loophole, if there is a problem there, let's analyze it. Let's not jump to conclusions, let's analyze," he says.

Quote

"If there is a problem there, let's analyze it. Let's not jump to conclusions, let's analyze"

Arnold Schwarzenegger
Talking about America looking at new gun laws to prevent recent attacks.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Kelly Osbourne ALL IMAGES GETTY

Kelly Osbourne learning to ignore taunts

Kelly Osbourne has worked hard to slim down, but she's learning the hard way that for some naysayers, nothing she does is good enough. "I'm the thinnest I've ever been and the healthiest I've ever been. The totally insane thing is that I'm a U.K. size four to six and people still say I'm fat," she tells Fabulous magazine. "I get called fat all the time. A big fat whore." What's most surprising is that much of the vitriol comes from fans of one of the biggest opponents of bullying and negativity. "Lady Gaga's fans are the worst," Osbourne says. "They've said I should kill myself, that they hope I get raped. I mean, it's crazy but I've had this all my life and I just try and ignore it."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Bieber hashtag encourages fans to cut themselves

KIERON MONKS
Metro World News

Late Monday evening, Justin Bieber was trending on Twitter. Hardly new for the tween icon, but this was a darker episode, with the hashtag #cuttingforBieber used by young fans to offer blood sacrifices to their hero.

"Beliebers" participated in a campaign of self-harm in response to a weekend picture that appeared to show Bieber smoking marijuana. Hundreds of images of slashed arms, some obviously fake, some disturbingly real, flooded the social network. "Why did you do this @justinbieber You broke my heart," one user posted above a graphic image of the user's injuries.

The campaign was orchestrated by the 4Chan forum, popular with trolls, and plans can be seen on the website. "Lets see if we can get some little girls to cut themselves," a member wrote, and fake pictures were seeded to encourage the trend.

The horrific episode was picked up by celebrities, including singer and friend of Bieber, Miley Cyrus. "Cutting is NOT something to joke about.

There are people who are actually suffering from self-harm, this is so disrespectful," the star tweeted.

Bieber fans are known for their zeal and the "Bieber fever" phenomenon has been studied by psychologists. Two fans were arrested in December for plotting to castrate and murder the Canadian singer.

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Taylor Swift

Romance fades as Swift's ex parties with Branson

Taylor Swift's fledging romance with One Direction member Harry Styles appears to be over, as Swift left their romantic getaway to the British Virgin Islands early after a reportedly heated argument with Styles, according to Business Insider.

But while photos of Swift looking glum and lonely on her trip back hit the Internet, Styles apparently wasn't too broken up about the break up.

"Richard Branson heard Harry was staying nearby so invited him to come check out Necker (Island)," a source says. "So when Taylor left for the states, Harry went to Branson's island for the day to let off some steam. He did plenty of partying and was definitely enjoying himself while hanging out with guests. He returned to Virgin Gorda in the early morning hours looking like he had a raucous night."

Twitter

@Rosie
Watching the biggest loser makes me want to eat cheesecake

@rosemcgowan
I slept from Saturday night at 2 am to Monday at noon.

@TheRealRoseanne
hey @JustinBeiber -we will give up our joints when they pry them out our cold dead fingers!

@AlbertBrooks
Dear United States: Please don't make a trillion dollar coin to get out of your problems.

The new links of Barbados are a hole-in-one for golfers

Swinging in the sun. From sugar cane meadows to Atlantic coastline, these courses put the island's terrain to good use

BRIAN KENDALL
canadiangolftraveller.com

Once reliant on a traditional sun, sand and sea tourism strategy, Barbados signalled its arrival as a major player in Caribbean golf with the 2009 launch of Apes Hill Club.

The gorgeous 7,150-yard layout, which dips and twists through lush jungle, an abandoned coral quarry and the reclaimed fields of a former sugar plantation, is the centrepiece of an exclusive new residential community offering views of both the Atlantic Ocean and the Caribbean Sea from a hilltop site near the lively community of Holetown.

Apes Hill joins posh Sandy Lane resort's two acclaimed 18-hole courses, as well as Royal Westmoreland Golf and Country Club, as the golf headliners of a popular island destination of remarkable contrasts — from the windswept Atlantic coastline to vast meadows of sugar cane to the serene waters of the Caribbean coast, the site of most of the resorts. The former British colony is renowned for its white-sand beaches, hospitable people (known as Bajans) and its refined atmosphere.

Barbados ignited its golf boom with the 1994 launch of Royal Westmoreland, a superb Robert Trent Jones Jr. design near the capital of Bridgetown. Officially opened by Prince Andrew — who wowed onlookers by splitting the fairway with his first drive — the 7,045 parkland-style layout offers breathtaking views of the Caribbean Sea with almost every shot.

Royal Westmoreland reigned supreme until 2004, when the celebrity-packed but ill-fated wedding of Tiger Woods at nearby Sandy Lane resort focused international attention on the ultra-exclusive property's new $25-million Green Monkey course. Designed by Tom Fazio, the 7,389-yard behemoth slowly builds drama through the first eight holes before startling golfers with a rapid descent into an abandoned quarry.

So spectacular is the design and seaside setting that the Green Monkey instantly became one of the world's must-play courses. The only hitch is that access is restricted to guests of Sandy Lane, one of the Caribbean's priciest resorts. Sandy Lane does, however, offer public play on its other Fazio championship layout, the Country Club course, a lush parkland-style jewel, and on its nine-hole Old Nine course.

Apes Hill, the newest headliner, boasts a pedigree to rival even that of the Green Monkey. The project is a partnership between local entrepreneur Sir Charles Williams, whose family came from England to Barbados in the 1600s, and Landmark Land Company, the developer of such renowned golf properties as California's La Quinta Resort and Club and South Carolina's Kiawah Island Golf Resort. Wentworth Club, the famous English golf and country club, signed on to run the golf operation.

The golf course has created a buzz throughout the Caribbean. Designed by Jeff Potts and Chris Cole for Landmark, Apes Hill winds seamlessly through a rolling and still mostly wild landscape where green monkeys are often seen feasting on Barbados cherries, ackee and breadfruit. Especially thrilling are the jungle holes, 11 to 14, a quartet enthusiastically described by Golf World magazine as "every bit as dramatic and invigorating" as Augusta National's Amen Corner.

Rounding out the island's roster of courses is Barbados Golf Club, an affordable and challenging 6,697-yard government-owned layout, and the player-friendly, nine-hole Rockley Golf Club. Barbados, after years of building golf courses, is ready to play.

The Green Monkey course at Sandy Lane resort is one of the world's must-plays. SANDY LANE HOTEL CO. LTD FOR SANDY LANE

Apes Hill is the newest addition to Barbados's golf offerings. APES HILL CLUB

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Silent Sanibel — the more laid back side of Florida

Island escape. This Gulf Coast locale is a welcome respite from the glitz and glam of Florida's more built up spots

Sanibel Island boasts quiet beaches void of springbreakers. THE ASSOCIATED PRESS

Visit the beaches on Sanibel Island, Fla., a Gulf Coast barrier island, and you're likely to see people doing the Sanibel Stoop. That's the term for the bent-at-the-waist posture used to collect seashells on Sanibel Island, which bills itself as one of the best shelling locations in the world.

The island also offers 24 kilometres of beach, 35 kilometres of bike paths and the largest undeveloped mangrove ecosystem in the country. While other beach destinations in Florida might attract partying spring breakers or glamorous fashionistas, Sanibel proves to be the perfect spot for a family looking for a quiet beach retreat at the height of spring break revelry. There was no nightlife, high rises, chain stores, fast-food burger joints, traffic lights or insects.

Even travel guru Arthur Frommer, who's seen more than a few beaches, has named it a favourite destination, calling it an "idyllic haven of white-sand beaches" with "thousands of birds of every species."

The first sign that you hit on something special comes soon after you land at the Fort Myers airport, where tourism kiosks hand out free pocket-sized Lonely Planet travel guides to the area.

The drive from the airport west to Sanibel generally takes less than an hour, but timing is everything. A toll bridge connects Sanibel to the mainland, and the morning rush hour heading on-island and evening rush hour heading off-island can add another 45 minutes onto the trip during high season, which begins mid-January and peaks mid-March through mid-April.

With as many as 30,000 people on the island during high season, biking is the easiest way to get around. But here's a tip: Friends don't let friends ride at night without lights.

Some hotels provide bikes for their guests and the bike rental shops on the island will deliver and pickup for a fee. It pays to shop around as prices vary. Beach equipment can also be rented.

Golf, tennis and fishing are also popular options on the island, but no trip here would be complete without two things: the beaches and the J. N. "Ding" Darling National Wildlife Refuge.

Over two-thirds of Sanibel is a nature reserve, with the refuge making much of it wonderfully accessible by car or bike. Take a 90-minute kayak tour through the mangrove, where you might catch a glimpse of a river otter. An assortment of the 230 species of birds on the island from anhingas to woodpeckers will keep you busy taking pictures, while knowledgeable guides point out horseshoe crabs, flying mullet and a water snake.

A pontoon boat tour will yield sightings of manatees and more birds.

The beaches themselves are lovely and far from crowded. The waves are gentle and it is shallow for a long way out, making it ideal for children. Other beaches, like Blind Pass, have stronger currents and aren't suitable for swimming.

THE ASSOCIATED PRESS

If you go...

- **Sanibel Island.** Located on the Gulf Coast of Florida. Nearest airport: Fort Myers. Sanibel Chamber of Commerce: sanibel-captiva.org.
- **Birding.** J. N. "Ding" Darling National Wildlife Refuge: fws.gov/dingdarling/
- **Shelling.** Tips to maximize your shelling: iloveshelling.com

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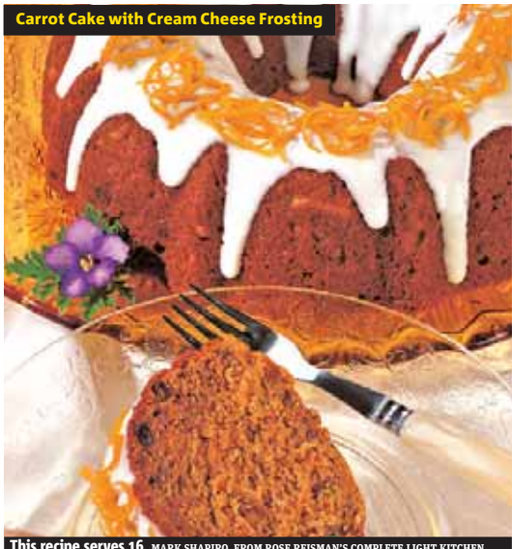
Carrot Cake with Cream Cheese that goes easy on calories

ROSE REISMAN
for more, visit
rosereisman.com

People often think carrot cake is healthier than other desserts, but beware of recipes that sound healthy! Most carrot cakes are full of oil, butter, eggs and regular sour cream.

This version greatly reduces the fat by using pineapple, extra carrots, low-fat yogurt and ripe banana to create the moist texture typical of carrot cake.

As a result, it comes in at 223 calories per serving.



Carrot Cake with Cream Cheese Frosting

This recipe serves 16. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

Cake

- 1/3 cup vegetable oil
- 1 cup granulated sugar
- 2 large eggs
- 1 tsp pure vanilla extract
- 1 large ripe banana, mashed
- 2 cups grated carrots (about 6 oz)
- 2/3 cup raisins
- 1/2 cup canned crushed pineapple, drained
- 1/2 cup low-fat yogurt
- 2 cups all-purpose flour
- 1 1/2 tsp baking powder
- 1 1/2 tsp baking soda
- 1 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg

Icing

- 1/3 cup light cream cheese, softened
- 2/3 cup icing sugar
- 1 tbsp low-fat milk or water

1. Preheat the oven to 350 F. Spray a 9-inch Bundt pan with cooking oil.

2. For the cake, beat the oil and granulated sugar in a large bowl until smooth. Add the eggs and vanilla, beating the mixture well (it may look curdled). Add the banana, carrots, raisins, pineapple and yogurt. Stir until everything is well combined.

3. Combine the flour, baking powder, baking soda, cinnamon and nutmeg in a separate bowl, mixing well. Add to the carrot mixture and stir just until everything is combined. Pour the mixture into the prepared pan.

4. Place the pan in the centre of the oven and bake for 40 to 45 minutes, or until a tester inserted in the centre comes out clean. Cool in the pan on a rack. When it's no longer hot, invert the cake onto a serving plate.

5. For the icing, beat the cream cheese, icing sugar and milk in a bowl or food processor until smooth. Drizzle over the top of the cake.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Student voice

How can 'entry-level' mean 'experience required'?

Chun-Hui Chang
Post-Graduate Student
Human Resources Management
Humber College
Graduate

Bachelor of Arts in Psychology
Western University
TalentEgg.ca

The school-to-work transition was very difficult. Most bachelor's degree programs do not have internship or co-op components integrated into the curriculum.

As such, I did not have the opportunity to develop the skills needed for a good job.

Furthermore, many employers are not willing to give new graduates a chance to gain experience. I found very few job postings that did not require any experience, even for entry-level jobs. Most "entry-level" job postings I found still required at least three years of experience.

Possessing a degree did not help me at all in finding a job, and I struggled immensely for over a year. In that time, I was only offered a few interviews, with no success from any of them. I became incredibly cynical, unmotivated and depressed because of how useless my university education was.

The post-school cycle

When no one gives you the opportunity to gain any experience, then it forces you into underemployment (if you're lucky). This degrades morale and motivation, which can hurt that person's job performance.

Chun-Hui Chang

What am I doing now?

I am now back in school for a post-graduate college program in human resources management. College appealed to me because there is a co-op component integrated into the curriculum.

However, there is no guarantee of landing a co-op position. The college simply assists you in finding a co-op position — they do not place you. As such, there is still some slight anxiety about finding employment.

My recommendations for employers, career centres and schools

Employers should be more willing to give new graduates a chance to gain experience.

Many of my peers struggled to find meaningful work after graduation because they lacked the experience.

When no one gives you the opportunity to gain any experience, then it forces you into underemployment (if you're lucky). This degrades morale and motivation, which can hurt that person's job performance.

In addition, employers need to understand what the term "entry-level" means. If the position requires experience, then it is not entry-level.

This is probably the most frustrating thing for new graduates who are looking for jobs.

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You are not alone – cat allergies are one of the most common forms of allergies in the United States and Europe. As you know, the symptoms can significantly reduce your quality of life. The sneezing, itchy and burning eyes and skin, and stuffy or runny nose can be unbearable. You may have even tried multiple different treatment options with no improvement.

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pause STUDY

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TalentEgg tweets

@TalentEgg: #QuestionoftheDay: What are some effective ways you market yourself to employers? How do you stand out?

- **@kmaniac:** Do unexpected things, like show up unannounced asking for their guidance. Worked for me so far!
- **@Farrah_Chanda:** Being aware of what's happening so I'm present in discussions, can answer questions, solve probs, fill in gaps, coordinate etc.
- **@GregRyderVAN:** Attend events and really study your desired industry, so you can talk about it and know all the ins/outs.

Snow's on the ground, but summer's on the brain

Internship impending. It's hard to believe, but now is the time to start thinking about nabbing that position

LEAH RUEHLICKE
TalentEgg.ca

Websites and career centres are great resources when looking for a summer internship. ISTOCK

From debating the merits of unpaid versus paid internships and dissecting the benefits to your career, internships are an even hotter topic than Channing Tatum's stripper movie.

This article aims to break it all down into the simplest terms possible and speak directly to where to look for internships and how to lock one down.

Where are all the internships and co-ops hiding?

The key is to start looking early. Did you know most large employers post their summer internships and co-op roles in January? If you wait much longer it will be too late.

Find summer internships and co-ops online

Check out the summer, internship and co-op job listings here on TalentEgg.ca — there are a ton of roles available (many with deadlines this week and next) and we post new jobs every day!

Visit your career centre

I was a heavy user of the career centre in university and this definitely worked to my advantage. For one thing, utilizing their resources to find a part-time job actually ended up landing me a student job at the centre because they knew who I was and wanted to help me out. Career centres not only have job listings, they often have connections with other employers (and, at the very least, are an amazing source of information for any questions you might have regarding schooling and your career).

Network with your network

Let people know you are looking for an internship (professors often have a lot of insight and tips for success in this realm — and if you put in the effort, they're most likely going to be very eager to help you). Similar to my career centre tale of success, it's all about getting your face out there and seeking assistance from others.

Another great thing about internships is they can often lead to jobs. Guy Adam, Branch Manager at Robert Half in Laval, Que., offered the following advice for how to turn your internship into something permanent:

Don't be shy

As Guy puts it, "Competition can be fierce in this economy. Showing some confidence, while still acting professionally, can work in your favour." Therefore, don't be conniving, but go after what you want.

Put on the polish

Dress well and appropriately for the work environment. Ensure your work and application (if attempting to bridge into a new position within the company) are completely error-free.

Pull a Kelly Clarkson and show your Miss (Mr.) Independent side

Exhibit a can-do attitude

Be proactive in how you can be of use to the company. "Inquire about the firm's greatest challenges and needs and then propose how your skills and experience can help," he advises.

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Summer job fairs

Most colleges and universities hold summer job fairs in late January

- These job fairs give you the chance to meet prospective employers and, occasionally, interview right on the spot.
- Furthermore, you will be subjected to tons of companies and positions that you didn't even know existed. Make sure you are well dressed, well-spoken and prepared to answer — and ask — some questions!

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Cash in on a career with a creative plan

Now that's dedication. From stand-out CVs to roadside applications, job-seekers are going an extra mile to land lucrative positions

With a little imagination and elbow grease, we can all come up with our own set of personal marketing tactics. ISTOCK

It's a tough job market out there, which means you're going to have to step up your game if you want to land your first (or next) gig.

In this spirit, some bold individuals are finding extreme ways to proactively market themselves to potential employers. While these unique (and sometimes wacky) tactics might not work for everyone, there are valuable lessons to be learned from these outside-the-box job search ideas.

Try an unconventional resumé format

Infographic resumés are making a big splash with creative people the world over. These graphic takes on a traditional resumé can highlight key functional skills as well as an applicant's personality in a dramatic and eye-catching way.

See your name in lights!

Rather than relying on a resumé to get her name out there, one woman from Atlanta, Ga., used the holiday season to publicize her job hunt by spelling out "My wish, HR job, Liz Hickok, LinkedIn" with strings of Christmas lights on the side of her house.

Create your own personal ad campaign

If a creative resumé and billboard beside a major highway haven't landed you a job, you could always think about running your own ad campaign.

Alec Brownstein, a 28-year-old copywriter, landed a job through a fantastically simple personal marketing campaign. When advertising execs Googled their own names (admit it, we're all guilty of the "self-Google"), Brownstein's paid ad was the first result on the page. The ad directed these potential employers to his personal website, and resulted in multiple job offers for Brownstein.

The stunt cost mere cents per click (for a total of $6), and all it took was a little outside-the-box thinking.

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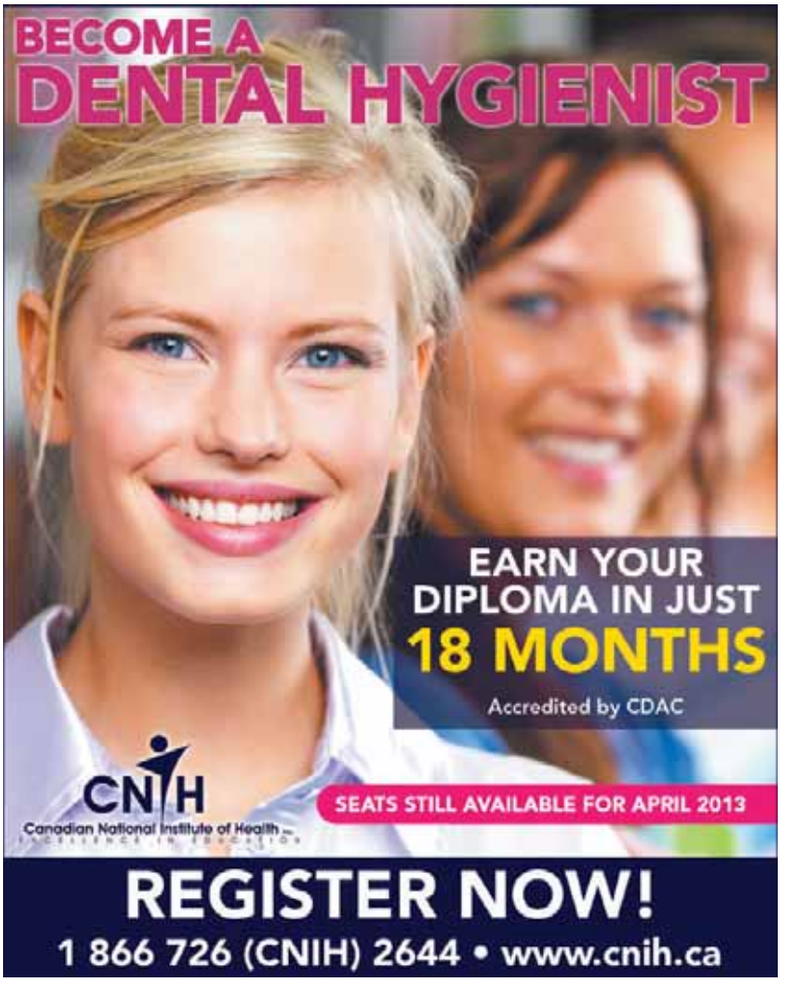
I'm worth fighting for

Get employers to compete for your affection

- Andrew Horner decided that after two years of unfruitful job searching, he was going to turn the tables and ask employers to apply to have him work at their company
- With a bold list of "must haves," he set up a website (reversejobapplication.com) which went viral once people got wind of his "reverse job application" scheme.
- Horner ended up landing himself a job and keeps the website active to inspire others to ask: "What do employers have to offer me?"



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If you are interested in applying for the program or would like more information, contact the YM/YWCA Employment Access Centre by telephone at 613-788-5001.
This Pre-Apprenticeship Training Program is funded by the Government of Ontario.

Follow through on your resolutions, like spending more time with family and friends, by examining why you want to accomplish these goals. ALTRENDO IMAGES/STOCKBYTE/THINKSTOCK

Change is good

How to follow through on your resolutions

YLVA VAN BUUREN
For Metro

The start of a new year really is a good time to make a change, but it's important to be realistic and to set yourself up for success, says Gene Hayden, a motivational speaker and author of The Follow-Through Factor (2010).

"If you can separate reasonable resolutions from magical quests, you're off to a good start," concurs Dr. Irvin Wolkoff, a Toronto psychologist.

The most common new year's resolutions are to lose weight, get fit, get better organized and have more time for friends and family.

"But these are huge and we don't often examine the how," Hayden says.

Remember, the reason people follow through is they literally love the resolution.

"You've got to want it," Hayden says. "If you really want it, you're going to go after it and the process of getting from here to there is going to keep you engaged."

Here is a checklist for success:

- When you make a resolution, ask yourself — is this really within my control to make happen?
- Make sure it's a "want" and not a "should."
- Break the resolution down into baby steps.
- Talk about your resolution in the present tense, not future. For example, I am doing my resumé; I am going out more so I can meet somebody; I am going to fitness classes three times a week.
- Don't look up, Hayden says. A resolution is a bit of a Mount Everest and looking up can make it more of a monumental task.
- "Talk about your accomplishments and you will find people will cheer you on. You will inspire others and inspire yourself at the same time."

Any day is a good day

- Remember that the way to improve yourself is the same on Jan. 1 as on any other day in the calendar, says Dr. Irvin Wolkoff, a Toronto psychologist. "There's actually no point in imposing extra pressure that comes with making a resolution." Whatever day it is, decide to make an improvement and get started.

RESOLUTION MAKER ... OR BREAKER?

Eighty-eight per cent of resolution makers give up within the first three months, according to Hayden. The No. 1 reason is they are no longer passionate about them, she says.

"We set the bar way too high so we set ourselves up for failure. And we base resolutions on things we should do and not on what we want to do. In the end, we don't have the fire — or motivation — in our bellies ... so we don't have the follow-through."

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12 tips to achieve your goals

YLVA
VAN BUUREN
For Metro

It's a new year ... and a new you! Here is expert advice on staying on track with your health and fitness resolutions.

1 Rather than obsess about one health-related goal (lose 20 pounds, for example), Ontario Medical Association president Dr. Doug Weir recommends starting to make healthier lifestyle choices (get more active, make healthier food choices, cut down on salt) across the board. It will all add up to better health.

2 Select achievable goals and set reasonable times to achieve them, says Dr. Irvin Wolkoff, a Toronto psychologist. "Remember that if you backslide, it's a part of learning new ways to think and behave."

3 Write down the actual process of reaching your goal, says Marc Lebert, a fitness professional and creator of Lebert Fitness Products. For example, "work out three times a week," "eat a salad three times a week."

4 Imagine what the results of your goal feel like, Lebert says. For example, see yourself riding a bike up a hill or lifting weights — imagining how it actually feels is inspiring.

5 Put yourself into a goal-inspiring environment. "Hearing people talk at a fitness club, for example, about how much they love fitness, can be very motivating," Lebert says. Also, try group exercise because when people work out in a group they motivate each other.

6 Start small. If you weren't exercising at all, start walking just half an hour per day, says Jules Hilliker, an Ottawa-based fitness professional.

7 Try something new. Sign up for a Zumba class or go bowling.

8 Create your own fitness "community" with a few friends, Hilliker says, and plan to walk together two mornings a week.

9 Don't deprive yourself. If your family has Friday pizza night, have just one slice (instead of the usual three, for example) and enjoy a side salad, too.

10 Make healthy living goals a family affair. Don't just watch kids build a snowman, get out there and build it with them, Hilliker says.

11 Take lessons. When you feel safe doing an activity, you are more likely to continue it, Weir says.

12 Be informed. Talk to your doctor if you want to quit smoking. Start reading food labels. Hire a fitness trainer.

Motivate each other

"Put yourself into a goal-inspiring environment. 'Hearing people talk at a fitness club, for example, about how much they love fitness, can be very motivating,' says Marc Lebert, a fitness professional and creator of Lebert Fitness Products. Also, try group exercise because when people work out in a group they motivate each other."

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There are obvious questions when deciding on a gym, but there are also other factors to consider, such as contracts and membership agreements. JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

Health and fitness. Questions to ask before joining a gym

For many of us, the new year means resolutions. And a common resolution — one that a lot of us think about — is joining a gym or health club to get in shape or lose weight.

But how do you decide which gym or club to join? What things should you consider? Some of the obvious questions are: Is the gym conveniently located near where you live or work? Do the hours fit your schedule? Are the programs right for you? Is the equipment in good working order?

Those are all good questions. But joining a gym is a relatively big expense for most people, so it's also important to do some research so you fully understand your financial commitments or obligations before making a final decision. The Ontario Ministry of Consumer Services offers these tips to help you make smart choices, spend wisely and protect your hard-earned money.

Make informed choices when joining a gym. ISTOCKPHOTO/THINKSTOCK

- Gyms will want you to sign a contract or membership agreement, but don't sign before first reading all the fine print and understanding all the details. For example, is a fitness test required to join? Is there an extra cost for the test? Don't be reluctant to ask questions.
- Pay monthly rather than annually. A gym must offer the option of paying fees in monthly instalments. It might cost you a bit more, but you won't be out-of-pocket more than a month's membership fee if the club shuts down.
- Don't sign up for more than a one-year membership. Lifetime fitness club memberships are illegal in Ontario. Renew after a year if you are satisfied and the gym continues to meet your needs.
- Understand the club's renewal policy. A gym can't renew your membership without complying with certain rules. If they renew your membership automatically, you can cancel the contract without penalty.
- If cancelling a gym membership, do it in writing. Hand deliver the cancellation letter or send it by registered mail to be certain the club receives it.
- If you get caught up in the enthusiasm of the moment, make a quick decision and commit to a membership contract, Ontario law gives you a 10-day "cooling off" period in which you can change your mind, cancel your membership and expect a full refund.

Good luck with your new year's resolutions.

Visit ontario.ca/consumerservices for more.

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OSSC.ca
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MLB

A-Rod slated for hip surgery next week

Alex Rodriguez is scheduled for hip surgery on Jan. 16.

The New York Yankees third baseman could be sidelined until the all-star break because of the injury, which was disclosed by the team last month.

Rodriguez, a 14-time all-star and baseball's priciest player at $275 million US, has a torn labrum, bone impingement and a cyst. General manager Brian Cashman has said the team anticipates he will be sidelined four to six months after the operation. THE ASSOCIATED PRESS

Cycling

Armstrong set to tell all to Oprah?

Lance Armstrong has agreed to a rare televised interview with Oprah Winfrey that will air next week.

According to a release posted on Oprah's website on Tuesday, Armstrong will address allegations that he used performance-enhancing drugs during his cycling career.

Armstrong has strongly denied the doping charges that led to him being stripped of his seven Tour de France titles, but the New York Times reported Friday he has told associates he is considering admitting the use of PEDS.

THE ASSOCIATED PRESS

Lance Armstrong GETTY IMAGES FILE

NHL. Sunday targeted for start of camp

Let the season begin.

NHL training camps are expected to open Sunday after the ratification process for the new collective bargaining agreement is completed, according to deputy commissioner Bill Daly.

The league and NHLPA spent Tuesday continuing to hammer out a memorandum of understanding that will ultimately be voted on by their constituents. The owners will cast ballots in person at a Board of Governors meeting Wednesday afternoon in New York while the players are expected to vote electronically on Thursday and Friday.

Quoted

"We're here playing and we hope the fans still love us and support us like they used to."

Edmonton Oilers forward Taylor Hall

If all of that goes off without a hitch, the agreement would then be signed by the parties.

"It's being worked on," Daly said Tuesday in an email. "We don't need it signed until the ratification process is done, which looks like Saturday."

The deal was hammered out early Sunday. Almost immediately, players began travelling back to cities where they play in anticipation of a season unlike anything most have ever seen. A typical training camp runs for about three weeks and can include as many as eight exhibition games. This one will have teams on the ice for just five days before the regular season begins.

"We've got to be prepared," Lightning star Steven Stamkos said Tuesday in Tampa. "It's going to be a different year, it's a sprint." THE CANADIAN PRESS

Olympics unresolved

If NHL players are to continue participating in the Olympics, it's going to involve a delicate political dance.

- The issue was not resolved in CBA negotiations and will need to be hammered out with the IIHF and the IOC.
- It's been clear for some time the NHL is seeking to receive more of a direct benefit for closing its doors every four years in February and handing over its most important assets.

Wide grin for Ovechkin in return to Washington

NHL. Caps star returns to D.C. after eventful few months in Moscow

Alex Ovechkin joked about his engagement to a tennis player and wore a T-shirt that read, in Russian: "Am I really the prettiest one here, again?"

Who knows how he'll look on the ice, but the two-time NHL MVP sure seems like his old self.

Having made a quick return from Russia once he heard that the NHL lockout was ending, Ovechkin joined nine other Washington Capitals on the ice for an informal skate Tuesday morning as they awaited the formal ratification of a new collective bargaining agreement.

"Right now it's over," Ovechkin said. "And sometimes you just think, 'Why'd we do that?'"

Ovechkin was so pessimistic about the labour talks that he expected to spend the entire season playing for his hometown Dynamo Moscow in the Kontinental Hockey League.

As it is, he returns in better hockey shape than many of his peers, having played in 31 games with Dynamo. He said he got to celebrate New Year's in Moscow for the first time in 14 years, and on Dec. 31 he gave a ring to tennis player Maria Kirilenko.

Ovechkin smiled when asked about life as an engaged man.

"It's a good feeling," Ovechkin said. "It's not that feeling anymore where you can do whatever you want. You have a girl with a tennis racket and she can hit you."

THE ASSOCIATED PRESS

Maria Kirilenko and Alex Ovechkin were engaged on New Year's Eve. GETTY IMAGES FILE

Capitals star Alex Ovechkin smiles as he answers questions during a press conference on Tuesday in Arlington, Va. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

4 SPORTS

The Toronto Blue Jays officially introduced R.A. Dickey at a news conference in Toronto on Tuesday. CHRIS YOUNG/THE CANADIAN PRESS

Dickey 'all in' on Blue Jays' plans

MLB. Knuckleballer excited with potential of Toronto team

Last month, the Toronto Blue Jays had a 72-hour window to work out a new deal with R.A. Dickey to close out a trade with the New York Mets for the veteran right-hander.

General manager Alex Anthopoulos pitched his vision of what the Blue Jays would be now and in the future. Dickey immediately liked what he heard.

"I was all in right then," Dickey said. "I think this can be a special few years for this city, for the country and all the players here."

Dickey agreed to a two-year contract extension worth $25 million US with a club option for 2016. He will be an anchor in a much-improved starting rotation that will likely include Josh Johnson, Mark Buehrle and incumbents Brandon Morrow and Ricky Romero.

Dickey was all smiles Tuesday afternoon as he was formally introduced by the team at a packed news conference at Rogers Centre. For the next 40 minutes, he eloquently weighed in on the peaks and valleys of the journey that brought him to this point.

The 38-year-old knuckleballer touched on highs like winning the 2012 National League Cy Young Award. He also discussed the challenge of baring his soul in an autobiography where he divulged he was twice the victim of sexual abuse while growing up.

With Dickey, there are no cliches, no bling and no attitude.

The friendly Nashville native sat attentively at the dais with his fingers intertwined, offering informative and thoughtful answers to a range of questions.

"For the longest time, I kind of fought who I was and I'm thankful that I've been able to live through that into a period where I enjoy embracing who I feel like I am," Dickey said. "That's taken a lot of encouragement and a lot of hard work."

Dickey broke into the majors with the Texas Rangers in 2001 and bounced between triple-A and the major leagues for years. He settled in with the Mets in 2010 and posted impressive numbers over three straight seasons, capped by his 20-6 effort last year to go with a sparkling 2.73 earned-run average. THE CANADIAN PRESS

Quoted

"That's what's so fun about the pitch, is that I still have more to learn. I'm still hungry and passionate about my craft."

R.A. Dickey on his quest to perfect the knuckleball

MLB

Writers may fail to elect new members to HOF

There's a chance the podium under the chandeliers in the gold-and-ivory-coloured Vanderbilt Room of the Waldorf Astoria Hotel will go unused Thursday.

With the cloud of steroids shrouding the candidacies of Barry Bonds, Roger Clemens and others, baseball writers may fail for only the second time in more than four decades to elect anyone to the Hall of Fame, rendering a news conference in New York unnecessary.

About 600 people are eligible to vote in the BBWAA election, all members of the organization for 10 consecutive years at any point. Results will be announced at 2 p.m. Wednesday, with the focus on first-time eligibles that include Bonds, Clemens, Sammy Sosa and Mike Piazza.

Since 1965, the only years the writers failed to elect a candidate were in 1971 and 1996. THE ASSOCIATED PRESS

Language barriers

Prostitutes in Brazil to learn English ahead of World Cup

Prostitutes in one of Brazil's biggest cities are beginning to sign up for free English classes ahead of this year's Confederations Cup and the 2014 World Cup.

Cida Vieira, president of the Association of Prostitutes in the city of Belo Horizonte, said Tuesday that 20 have already signed up for the courses and she expects at least 300 of the group's 4,000 members to follow suit. The association is organizing the classes and seeking volunteer teachers.

"I don't think we will have problems persuading English teachers to provide services for free," she said.

She said classes are expected to begin in March and last up to eight months.

"It will be important for the girls who will be able to use English to let their clients know what they are charging and learn about what turns them on," Vieira said by telephone.

"And for the same reasons we are also thinking of offering free French and Italian classes," she added.

Prostitution is legal in Brazil. THE ASSOCIATED PRESS

CFL. Business as usual for Als with threat of losing head coach, GM

The head coach is in the running for two NFL jobs, the GM is also said to be a candidate for another post south of the border and the assistant general manager has twice spoken to a new CFL entry.

Just another typical off-season for the Montreal Alouettes and chief operating officer Mark Weightman.

Head coach Marc Trestman, who has led Montreal to two Grey Cup titles in five years, met Monday with the Chicago Bears about their coaching vacancy and was scheduled to huddle with the Cleveland Browns on Tuesday. GM Jim Popp has been mentioned as a candidate for the vacant Carolina Panthers general manager's position while assistant GM Marcel Desjardins had a second interview Monday about the GM post with the Ottawa CFL expansion team slated to begin play in 2014.

"This year is really no different than any other year, it's not the first time there has been speculation of interest

Marc Trestman THE CANADIAN PRESS FILE

for some of our football people south of the border," Weightman said Tuesday. "Really, it's just been part of our day-to-day here over the last few years."

Trestman's name has been mentioned in NFL coaching circles pretty much since he arrived in Montreal in 2008. The Minnesota native's resumé includes NCAA experience with both Miami and North Carolina State and he's spent time in the NFL as a quarterback coach, running back coach and offensive co-ordinator with Minnesota (twice), Tampa Bay, Cleveland, San Francisco, Detroit, Arizona, Oakland and Miami. THE CANADIAN PRESS

Quoted

"If something like that were to happen we'll address it at that time but we're not going to get worked up about it."

Montreal Alouettes COO Mark Weightman on the prospect of Marc Trestman, Jim Popp and Marcel Desjardins all taking new jobs at the same time

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Miami	23	10	.697	—
d-New York	23	11	.676	½
Atlanta	20	12	.625	2½
d-Indiana	21	14	.600	3
Chicago	19	13	.594	3½
Brooklyn	20	15	.571	4
Milwaukee	16	16	.500	6½
Boston	17	17	.500	6½
Philadelphia	15	21	.417	9½
Detroit	13	23	.361	11½
Toronto	12	22	.353	11½
Orlando	12	22	.353	11½
Charlotte	9	24	.273	14
Cleveland	8	28	.222	16½
Washington	5	28	.152	18

WESTERN CONFERENCE

	W	L	Pct	GB
d-L.A. Clippers	27	8	.771	—
d-Oklahoma City	26	8	.765	½
d-San Antonio	27	10	.730	1
Memphis	22	10	.688	3½
Golden State	22	11	.667	4
Houston	20	14	.588	6½
Portland	19	15	.559	7½
Denver	20	16	.556	7½
Utah	18	18	.500	9½
Minnesota	15	15	.500	9½
L.A. Lakers	15	18	.455	11
Dallas	13	22	.371	14
Sacramento	13	22	.371	14
Phoenix	12	23	.343	15
New Orleans	9	25	.265	17½

Tuesday's results
Brooklyn 109 Philadelphia 89
Indiana 87 Miami 77
Phoenix at Milwaukee
Atlanta at Minnesota
L.A. Lakers at Houston
Monday's results
Boston 102 New York 96
Chicago 118 Cleveland 92
Memphis 113 Sacramento 81
New Orleans 95 San Antonio 88
Portland 125 Orlando 119 (OT)
Utah 100 Dallas 94
Washington 101 Oklahoma City 99
Wednesday's games — All Times Eastern
Utah at Charlotte, 7 p.m.
Atlanta at Cleveland, 7 p.m.
Philadelphia at Toronto, 7 p.m.
Phoenix at Boston, 7:30 p.m.
L.A. Lakers at San Antonio, 8 p.m.
Milwaukee at Chicago, 8 p.m.
Minnesota at Oklahoma City, 8 p.m.
Houston at New Orleans, 8 p.m.
Orlando at Denver, 9 p.m.
Dallas at L.A. Clippers, 10:30 p.m.
Memphis at Golden State, 10:30 p.m.

NFL

PLAYOFFS

WILD CARD
Saturday's results
AFC — Houston 19 Cincinnati 13
NFC — Green Bay 24 Minnesota 10
Sunday's results
AFC — Baltimore 24 Indianapolis 9
NFC — Seattle 24 Washington 14
DIVISIONAL PLAYOFFS
Saturday's games — All Times Eastern
AFC — Baltimore at Denver, 4:30 p.m.
NFC — Green Bay at San Francisco, 8 p.m.
Sunday's games
NFC — Seattle at Atlanta, 1 p.m.
AFC — Houston at New England, 4:30 p.m.
CONFERENCE CHAMPIONSHIPS
Sunday, Jan. 20
AFC and NFC, Dates and Times TBD
SUPER BOWL
Sunday, Feb. 3 — At New Orleans, La.
AFC vs. NFC champions, 6 p.m.

NCAA FOOTBALL

Monday's result
BCS CHAMPIONSHIP
At Miami, Fla.
Alabama 42 Notre Dame 14
RECENT AP NATIONAL CHAMPIONS
2012 — Alabama (13-1)
2011 — Alabama (12-1)
2010 — Auburn (14-0)
2009 — Alabama (14-0)
2008 — Florida (13-1)
2007 — Louisiana State (12-2)
2006 — Florida (13-1)
2005 — Texas (13-0)
2004 — Southern California (13-0)
2003 — Southern California (12-1)
2002 — Ohio State (14-0)
2001 — Miami (12-0)
2000 — Oklahoma (13-0)
1999 — Florida State (12-0)
1998 — Tennessee (13-0)

AHL

Tuesday's results
Hershey at Bridgeport
Worcester at Portland
Toronto at Hamilton
Wednesday's games — All Times Eastern
Syracuse at Rochester, 7:05 p.m.
Binghamton at W-B/Scranton, 7:05 p.m.
Grand Rapids at Rockford, 8:05 p.m.
Thursday's game
Lake Erie at San Antonio, 8 p.m.

GOLF

PGA HYUNDAI TOURNAMENT OF CHAMPIONS SCORES

At Kapalua, Hawaii
Yardage: 7,452; Par: 73
Final Round
(FedExCup points in parentheses)

Dustin Johnson (500), $1,140,000	69-66-68—203
Steve Stricker (300), $665,000	71-67-69—207
Brandt Snedeker (190), $432,000	70-70-69—209
Bubba Watson (123), $304,000	70-69-71—210
Keegan Bradley (123), $304,000	71-69-70—210
Rickie Fowler (95), $212,500	70-74-67—211
Tommy Gainey (95), $212,500	72-69-70—211
Carl Pettersson (85), $190,000	70-72-70—212
Ian Poulter (78), $175,000	71-74-69—214
Matt Kuchar (78), $175,000	74-71-69—214
Mark Wilson (68), $155,000	69-76-70—215
Webb Simpson (68), $155,000	72-72-71—215
J.J. Henry (56), $120,400	71-74-71—216
Johnson Wagner (56), $120,400	72-72-72—216
Scott Stallings (56), $120,400	72-74-70—216
Scott Piercy (56), $120,400	72-71-73—216
Nick Watney (56), $120,400	69-73-74—216
Jonas Blixt (51), $87,600	72-74-72—218
Ben Curtis (51), $87,600	70-76-72—218
John Huh (51), $87,600	73-71-74—218
Zach Johnson (51), $87,600	74-72-72—218
Jason Dufner (51), $87,600	72-77-69—218
Charlie Beljan (47), $73,000	71-75-75—221
Bill Haas (47), $73,000	71-75-75—221
Marc Leishman (47), $73,000	75-75-71—221
Hunter Mahan (45), $67,000	72-77-74—223
Ted Potter, Jr. (45), $67,000	75-75-73—223
Ryan Moore (43), $63,000	72-77-76—225
George McNeill (43), $63,000	79-73-73—225
Kyle Stanley (41), $61,000	78-80-72—230

SOCCER

ENGLAND

LEAGUE CUP
SEMIFINALS
Tuesday's result
Bradford City 3 Aston Villa 1

SPAIN

COPA DEL REY
FIFTH ROUND, SECOND LEG
Tuesday's results
Malaga 4 Eibar 1
(Malaga advances on 5-2 aggregate)
Valencia 2 Osasuna 1
(Valencia advances 4-1)

Chevrolet Equinox 2013

ALL PHOTOS WHEELBASE

Fuel economy

With a rating of 9.2 l/100 km city and 6.1 highway (10.1/6.9 for AWD models), the 2.4 is the economy champ in the lineup. However the efficient V6 earns nearly the same 12.4 city/8.1 highway (13.2/8.4 AWD) numbers as the previous 3.0. The choice is yours, of course, depending on your lifestyle..

A look under the Equinox's hood

2013 Chevrolet Equinox

- **Type.** Four-door, front-/all-wheel-drive mid-size tall wagon.
- **Engine (hp).** 2.4-litre DOHC I4 (182); 3.6-litre DOHC V6 (301)
- **Transmission.** Six-speed automatic
- **Base price (incl. destination).** $28,400

Engine

Unchanged for 2013 is a standard 2.4-litre four-cylinder engine that's worth 182 horsepower and 172 pound-feet of torque. Both powerplants are connected to six-speed automatic transmissions, although the four-cylinder comes with an Eco mode that economically limits the maximum revs in each gear.

Style

The most significant aspect of the Equinox's styling is that it displays a rugged sport-utility-vehicle boldness shared with Chevy's larger Traverse and still-larger Tahoe. You won't find that in the Honda CR-V, Nissan Rogue, Ford Escape or most others in the segment.

Review. Clever wagon holds its own despite stiff competition

MALCOLM GUNN
Wheelbase Media

Chevrolet didn't exactly invent this category, but the Equinox represents a new level of refinement, style and overall performance that sets it apart from its segment peers.

Clever touches abound in the design, like the integrated rocker panels in the doors that reduce entry step-over height. The car-like interior is simply gorgeous and highly practical. It has dual gloveboxes, easy-to-read twin gauges set in large pods and plenty of handy storage bins.

There's also a versatile split folding rear seat that can be adjusted fore and aft over a 20-centimetre range to optimize legroom or cargo capacity. So the Equinox isn't a giant-killer in the off-road sense, but at least it can now boogie down the road with more authority, thanks to a new-for-2013 3.6-litre V6 option that generates 301 horsepower and 272 pound-feet of torque. It replaces last year's 3.0-litre V6 that only mustered 264 horses and 222 pound-feet of torque.

A wide assortment of standard equipment (air conditioning, cruise control, keyless remote entry etc.) comes in the base LS, as does a new seven-inch touch screen to work the standard audio system. The 1LT gets you premium cloth seats and a rear-vision camera, while the 2LT adds a power driver's seat and an up-level audio package. The LTZ loads up with climate control, heated leather seats and a power liftgate.

Standard this year in all but the base LS is MyLink, which is a combination voice-activation/touch-screen system that operates the various audio options, hands-free smart-phone communications and navigation functions. Being fashionably rugged, impressively more powerful and technologically up-to-date is what the Equinox is all about.

The dash gauges retain a simple feel and look.

Touch-screen 'infotainment' system

A more head on view of the Equinox

By comparison

1 VW Tiguan
Base price: $29,500

2 Nissan Rogue
Base price: $25,600

3 GMC Terrain
Base price: $30,200

Not your average u$ed car auction

Autopilot

AUTO PILOT
Mike Goetz
drive@metronews.ca

Big money mobile: The 1960 Ferrari 250 GT SWB Berlinetta Competizione 'will be the top seller' in Arizona. PHOTO FROM RM AUCTIONS

Looking for a good used car? You could do worse than heading to Arizona next week for Collector Car Auction Week.

Bring your wallet.

Better yet, re-mortgage your house, cash in your RRSPs, find the Canadian Tire Money, sell your kids for medical experiments, check under the sofa cushions for loose change and snacking material, and visit Harold the Jewelry Buyer.

Because some of these cars are on the pricey side…

Take for example the 1965 Ford GT40 consigned to RM Auctions' sale in Phoenix. The GT40 used in the Steve McQueen film, Le Mans, was auctioned off last year at RM's California sale for $11 million, making it the most expensive American car ever sold.

The road-going '65 GT40 going under the hammer in Arizona is expected to sell for between $2.4 million and $3 million. In case you're wondering, that doesn't include safety check, emission test, or winter tires.

Another quite nice RM consignment is the 1930 Duesenberg Model J Tourster. Only eight were built. Their open-top bodies were designed and built by the coach building firm, Derham. Estimated auction price: $1.2 million to $1.6 million.

In fact, RM figures eight of its Phoenix auction consignments will fetch over $1 million. There is no doubt, however, about which one will set the high bar — the 1960 Ferrari 250 GT SWB Berlinetta Competizione.

"It will be the top seller of the week in Arizona," says Gord Duff of RM Auctions, over the phone from the firm's home base in Blenheim, Ontario. (Yes, one of the top collector car auction houses in the world is Canadian.) "There isn't another auction selling anything that would bring this kind of money."

What's "this kind" of money? Well we don't know for sure. But some Ferrari 250 GTs sell for around $5 million, while others go for around $9 million. This particular 250 GT is considered one of the purest and most well documented 250 GTs out there, with just four owners since new. So figure more toward the high end of scale.

While it might be the highest price achiever in Arizona next week, it will likely take a back seat in the paparazzi department to a car set to take the Barrett-Jackson auction stage over in Scottsdale. That would be the first and original Batmobile. After staring in the TV series, it's creator, George Barris, bought it from Ford for one dollar. It's been his ever since. It changes hands next week, for the first time ever since that one-dollar sale. It's likely the most well-known and recognizable car in the world.

The other auction houses that make the scene at Arizona Collector Car Auction Week are Gooding and Company, Russo and Steele, Bonhams, and Silver Auctions.

"Arizona sets the tone for the coming year," notes Duff. RM is expecting Arizona to continue the strong sales trends of 2012. "The collector car market is especially strong right now, particularly for blue-chip, investment type automobiles."

Duff says enthusiasts from emerging markets, like the United Arab Emirates, Russia, India, China, and Brazil, are bolstering the collector car ranks these days. It's a global thing now and facilitating the togetherness is the Internet. Duff adds these out-of-country buyers often watch the auction on line, and bid on line. And so can you — the RM auction will be live on rmauctions.com. Just make sure you got enough headroom on the charge cards.

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2013 Dodge Grand Caravan Crew shown.§

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2012 Dodge Journey SXT shown.§

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Dodge.ca/Offers

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DODGE CARAVAN KIDS
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With the right engine, the Impala will surely impress

Second Gear.
2000-2005 Chevrolet Impala

JUSTIN PRITCHARD
Drive@metronews.ca

PHOTO: HANDOUT

When Impala returned to the market after two leaves of absence and six previous generations, it came with a front-drive platform, handsome styling and a number of powertrain and interior options. Filling the hole left by the Lumina in the Chevrolet lineup at the time, Impala offered a fairly comprehensive package to shoppers. A roomy family sedan, it included feature content like a power driver's seat, heated leather, a compass, and steering-wheel mounted audio controls. Fog-lamps, a spoiler and larger wheels were available for dress up.

Common Issues

Avoid the 3.4 litre engine where possible. This powerplant is known for gasket problems that, over time, can cause some expensive issues. The longer-lived and more robust 3.8 litre V6 has been in GM's powertrain lineup for decades and amounts to a solid performer.

Hard or hesitant shifting issues, though rare, are likely caused by an electronic problem with the transmission's computer brain. This is a fairly easy issue to correct via reprogramming of the transmission control module.

Inspect the functioning of all interior accessories, noting operation of the air conditioner, all windows, the sunroof and the keyless entry remotes. Electronic issues tend to present themselves as malfunctioning accessories or warning lights in the instrument cluster.

Engine

Look for V6 power all around, with either 3.4 or, preferably, the 3.8 litre units making horsepower in the 180 to 200 range. A supercharged 3.8 litre engine was available later in the Impala's life on the tweaked-up SS model. All models were automatic and front-wheel drive.

What owners like

Styling, comfort, easy interior access, and an available six-person seating configuration were all appreciated by Impala owners. The generous trunk and even fuel mileage were highly rated, too.

What owners dislike

Complaints typically surround fit and finish, as well as rear seat space for taller passengers.

Verdict

Find a clean, well-cared-for example of the Impala with the 3.8 litre engine, and you'll probably find it a reliable, well-priced and comfortable family cruiser that won't break the bank.

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†0% APR Purchase Financing is available on select new 2012 and 2013 Mazda vehicles. Terms vary by model. Based on a representative agreement using an offered pricing of $23,555 for the new 2012 Mazda5 GS (E6SD62AA00) with a financed amount of $20,000, the cost of borrowing for an 84-month term is $0, monthly payment is $238.10, total finance obligation is $20,000. ††Finance Pricing for new 2012 Mazda3 GS-SKY (D4SK62AA00)/2012 Mazda5 GS (E6SD62AA00)/2012 CX-9 GS AWD (QXSB82AA00)/2013 Mazda6 GS-I4 (G4SY83AA00) is $20,745/$23,555/$39,995/$27,295 financed at 0%/0%/0%/0% over 84/84/84/84 months equals bi-weekly payments of $103/$119/$192/$139 with $1,950/$1,950/$4,500/$1,950 down payment, cost of borrowing is $0/$0/$0/$0 with a total obligation of $20,745/$23,555/$39,495/$27,295. All offers include freight, P.D.E. and fees. Offers exclude HST. *Offer available on retail leases of new 2013 CX-5 (NVXK63AA00)/2013 Mazda3 GX (D4XS53AA00)/2013 Mazda3 GS-SKY (D4SK63AA00) with a lease APR of 4.99%/2.99%/2.99% and monthly payments of $319/$189/$229 for 48/60/60 months, the total lease obligation is $18,300/$13,319/$15,716, including down payment of $2,995/$1,950/$1,950. As shown, 2013 CX-5 GT (NXTK83AA00) with lease APR of 4.99% and monthly payments of $485 for 48 months, the total lease obligation is $25,227, including down payment of $1,950. Lease payments include freight and P.D.E. of $1,895/$1,895/$1,895. 20,000 km per year mileage allowance applies; if exceeded, additional 8¢ per km applies (9¢ per km for CX-9 models). Offers exclude HST. Offered leasing available to retail customers only. Leasing may not be available for all models. Lease offers vary by region and by trim level/model. See mazda.ca or your dealer for lease available vehicles. ♦Based on highway driving for the 2012 Mazda3 GS-SKY sedan with 6-speed automatic transmission only. ‡5.7 L/100 km (50 MPG) Highway/7.8 L/100 km (36 MPG) City - Based on ENERGUIDE Fuel Consumption Rating for the 2013 CX-5 with 6-speed manual transmission. These estimates are based on Government of Canada approved criteria and testing methods. Actual fuel consumption may vary. MPG is listed in Imperial gallons. 4.9 L/100 km (58 MPG) Highway/7.1 L/100 km (40 MPG) City - Based on ENERGUIDE Fuel Consumption Rating for the 2012 Mazda3 GS-SKY sedan with 6-speed automatic transmission. These estimates are based on Government of Canada approved criteria and testing methods. Actual fuel consumption may vary. MPG is listed in Imperial gallons. ▼Up to $1,000 Dealer Signing Bonuses are available on retail purchase/finance/lease of all new remaining, in-stock 2012 Mazda models from January 3rd - 15th, 2013. $500 Dealer Signing Bonus applies to new 2012 Mazda3/2012 Mazda5/2012 Mazda6 models. Maximum $1,000 Dealer Signing Bonus applies to new 2012 CX-9 models. Dealer Signing Bonus is deducted from the negotiated selling price before taxes and can only be applied against the purchase price of a new 2012 Mazda3/2012 Mazda5/2012 CX-9/2012 Mazda6 (or accessories to such purchase). No cash surrender value. Visit mazda.ca or see your dealer for complete details. PPSA, licence, insurance, taxes and down payment are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer order/trade may be necessary on certain vehicles. Offers valid January 3rd - 15th, 2013 while supplies last. Lease and finance on approved credit for qualified customers only. Offers subject to change without notice. Visit mazda.ca or see your dealer for complete details.

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Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. ©2013 Sirius Canada Inc. "SIRIUS", the SIRIUS dog logo, channel names and logos are trademarks of SIRIUS XM Radio Inc. and are used under license. *Purchase a new 2013 Focus SE Sedan/Escape S FWD for [$16,378/$23,178] after Total Manufacturer Rebate of [$4,000/$0] is deducted. Taxes payable on full amount of purchase price after Manufacturer Rebate has been deducted. Offers include freight, air tax, PPSA and Stewardship Ontario Environmental Fee but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. Delivery Allowances can be used in conjunction with most retail consumer offers made available by Ford of Canada at either the time of factory order or delivery, but not both. Delivery Allowances are not combinable with any fleet consumer incentives. **Lease a new 2013 [F-150 XLT Super Cab 4x4] and get [3.99%] APR for [36] months on approved credit [OAC] from Ford Credit. Not all buyers will qualify for the lowest APR payment. Example: [$27,749] [Cash Purchase Price] with [$3,999] down payment or equivalent trade-in, monthly payment is [$388] total lease obligation is [$17,967] optional buyout is [$16,434] cost of leasing is [$2,632] or [3.99%] APR. Offer includes $7,000 in manufacturer rebates. Taxes payable on full amount of lease financing price after any manufacturer rebate is deducted. Additional payments required for security deposit, NSF fees (where applicable), excess wear and tear, and late fees. Some conditions and mileage restrictions apply. A charge of 16 cents per km over mileage restrictions applies. Offers include freight, air tax, PPSA, Stewardship Ontario Environmental Fee but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. Taxes payable on full amount of lease financing price after any price adjustment is deducted. ‡Until January 14, 2013, receive $750/ $1,000/ $1,250/ $1,500/ $1,750/ $2,000/ $3,000/ $3,500/ $3,750/ $4,000/ $4,750/ $5,000/ $5,500/ $6,000/ $6,500/ $7,000/$7,500 in Manufacturer Rebates with the purchase or lease of a new 2013 Edge SE/ Fiesta S, Flex SE, Explorer Base, Transit Connect, E-Series/ Focus ST, Fusion Hybrid/ Focus S, Focus BEV, Mustang V6 Coupe, Taurus SE, F-150 Regular Cab XL 4x2 (value Leader)/Fusion (excluding Hybrid)/ C/MAX, F-350 to F-550 Chassis Cabs/ Explorer (excluding Base), Escape (excluding S)/Fiesta (excluding S), Flex (excluding SE)/ Mustang V6 Premium/ Focus (excluding S, ST and BEV), F-250 to F-450 (excluding Chassis Cabs) Gas engine / Mustang GT, Edge AWD (excluding SE)/ Expedition / Taurus (excluding SE), Edge FWD (excluding SE)/ F-150 Regular Cab (excluding XL 4x2) non 5.0L, F-250 to F-450 (excluding Chassis Cabs) Diesel Engine/F-150 Regular Cab (excluding XL 4x2) 5.0L/ F-150 Super Cab and Super Crew non 5.0L/ F-150 Super Cab and Super Crew 5.0L – all Raptor, GT500, BOSS302, Transit Connect EV and Medium Truck models excluded. This offer can be used in conjunction with most retail consumer offers made available by Ford of Canada at either the time of factory order or delivery, but not both. Manufacturer Rebates are not combinable with any fleet consumer incentives. ††Offer only valid from December 1, 2012 to January 31, 2013 (the "Offer Period") to resident Canadians with a Costco membership on or before November 30, 2012. Use this $1,000CDN Costco member offer towards the purchase or lease of a new 2012/2013 Ford vehicle (excluding Fiesta, Focus, Fusion HEV & Energi, C-Max, Raptor, GT500, Mustang Boss 302, Transit Connect EV & Medium Truck) (each an "Eligible Vehicle"). The Eligible Vehicle must be delivered and/or factory-ordered from your participating Ford/Lincoln dealer within the Offer Period. Offer is only valid at participating dealers, is subject to vehicle availability, and may be cancelled or changed at any time without notice. Only one (1) offer may be applied towards the purchase or lease of one (1) Eligible Vehicle, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. This offer can be used in conjunction with most retail consumer offers made available by Ford Motor Company of Canada at either the time of factory order (if ordered within the Offer Period) or delivery, but not both. Offer is not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). Applicable taxes calculated before $1,000CDN offer is deducted. Dealer may sell or lease for less. Limited time offer, see dealer for details or call the Ford Customer Relationship Centre at 1-800-565-3673. †Max. horsepower of 411 and max. torque of 434 on F-150 6.2L V8 engine. Class is Full-Size Pickups under 8,500 lb GVWR vs. 2012/2013 competitors. ©2013 Ford Motor Company of Canada, Limited. All rights reserved.

Horoscopes

♈ Aries
March 21 - April 20
Venus, planet of harmony, moves into the career area of your chart today, so you will gain more by being nice to people than by trying to be a tough guy. Work with others and you can all be winners.

♉ Taurus
April 21 - May 21
A little bit of gentle persuasion will get you everything you desire today. You don't need to force others to do your bidding. They will go out of their way to accommodate your needs. Within reason, of course.

♊ Gemini
May 22 - June 21
Stand up to those who seem to enjoy making you feel bad about yourself. You are who you are for a reason and no one has the right to suggest that you should change your look, your ways or your attitude.

♋ Cancer
June 22 - July 23
Venus, planet of love and harmony, moves into the partnership area of your chart today and almost immediately you will find that relationship problems are not as serious as you imagined. The fact is they never were.

♌ Leo
July 24 - Aug. 23
You need to take a more relaxed view of everyday activities, especially those that require bursts of physical energy. Aggressive activity is rarely a good idea, so pace yourself sensibly over the next 24 hours.

♍ Virgo
Aug. 24 - Sept. 23
Creative activities and affairs of the heart will go very well indeed over the next few weeks, so look on the bright side and don't be afraid to take chances. By far the biggest risk is taking no risks at all.

♎ Libra
Sept. 24 - Oct. 23
As Venus, your ruler, moves into one of the more sensitive areas of your chart, you won't mind admitting you got something wrong. This is much a time for forgiving, forgetting and moving on together.

♏ Scorpio
Oct. 24 - Nov. 22
Travel and social activities will get a boost over the next few days, so start making plans. Even if you are a Scorpio who does not like the party life, you'll want to see and be seen. You're worth looking at!

♐ Sagittarius
Nov. 23 - Dec. 21
There is really no point worrying about money matters and business issues. They will all come right in the end. Whatever your personal commitments may be you will find a way to meet them — somehow you always do.

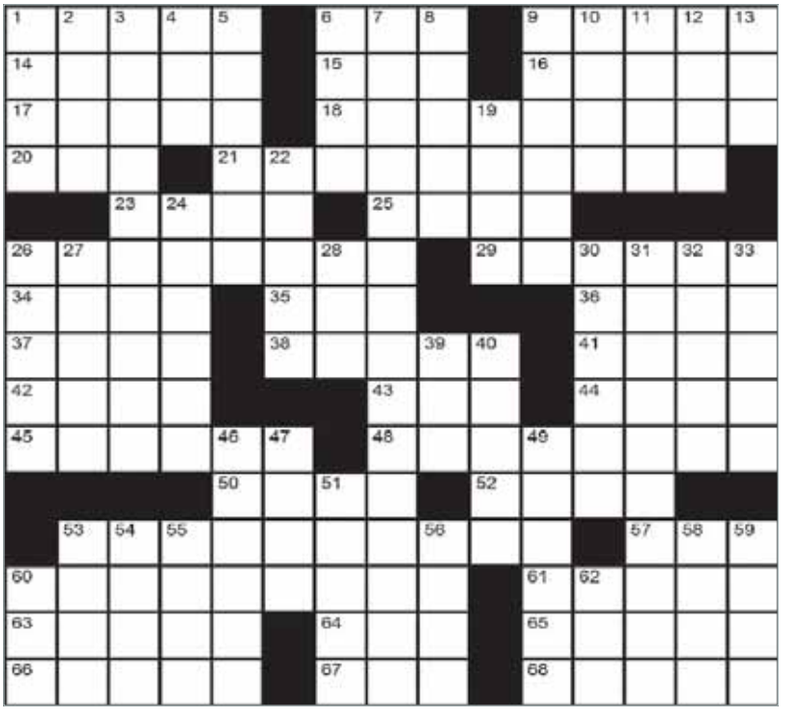
♑ Capricorn
Dec. 22 - Jan. 20
You will find it much easier to relax and take life as it comes now that Venus is joining the Sun in your sign. You don't have to be on the go every minute of every day. Give yourself a break occasionally.

♒ Aquarius
Jan. 21 - Feb. 19
Being the charitable sort, you sometimes allow people to get away with things they really don't deserve to get away with. Don't be too generous for your own good over the next 24 hours.

♓ Pisces
Feb. 20 - March 20
Allow yourself to think the unthinkable thought. Allow yourself to dream the impossible dream. With so much positive cosmic activity today there is precious little you cannot do, so set your sights high — then go even higher. SALLY BROMPTON

Crossword: Canada Across & Down

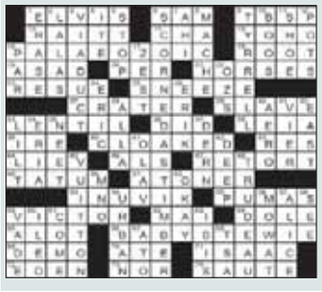
BY KELLY ANN BUCHANAN



Across
1. St. __, Nfld.
6. Cdn. business since 1670
9. Guess Who's "__ Eyes"
14. English band, __ Heep
15. Pub serving
16. Lake for Sarnia, ON
17. Tori's "Beverly Hills, 90210" role
18. Hugh Jackman role
20. Tree-like Tolkien creature
21. Harry Potter's best friend: 2 wds.
23. Environmental sci.
25. Fit
26. "Nessun Dorma", an aria from this Puccini opera
29. Belonging to our planet
34. "__ have to do."
35. German 'I'
36. 'Fed' suffix
37. Greenish-blue
38. Decree
41. Japanese soup
42. Thomas Augustine __: "Rule, Britannia" composer
43. Angelina Jolie title role
44. "I could __ _ horse I'm so hungry!"
45. One who silently approves
48. Where Bob Bratina is mayor
50. Bemoaned
52. Meas. with width
53. Canada's highest peak: 2 wds.
57. Beirut is its cap.
60. Co-worker
61. Jim Carrey flick, "Me, Myself & __" (2000)
63. Old Jennifer Garner series
64. "_ __ Blind" by 54-40
65. Little Richard hit: "__ Frutti"
66. Blood vessel implant
67. Gary Bettman's org.
68. Movie critic Roger

Down
1. Mr. Law
2. "__ __ the other hand..."
3. __ Who's Who (Canadian wildlife TV vignettes)
4. Grandma
5. Kelly Osbourne's mother
6. Actress Goldie
7. The Tragically Hip song: 4 wds.
8. Li'l star
9. Neptune's realm: 2 wds.
10. Lose yer lunch
11. Great Lake
12. Electronics company
13. Compass†point
19. Farewell, to Catullus
22. Golden hit tune
24. Phoned
26. Hyperion, for one, in Greek mythology
27. 1993 Nirvana album: 'In __'
28. Repetitive checking or hand-washing, e.g.
30. Make more cheese gooey again
31. Canadian Olympian Simon Whitfield, for one
32. Must: 2 wds.
33. "The Good in Everyone" band
39. The Company org.
40. Berry Gordy Jr.'s other early record label
46. Author Mr. Hemingway
47. Montreal-born actress Ms. Lee
49. Fire up
51. Toronto theatre, __ & Winter Garden
53. Shed, snake-style
54. "Rolie Polie __"
55. Capital of Mongolia, __ Bator
56. Mineralogist's field, for short
58. Play interlude, __'acte
59. "So __ __."
60. '_' __ in Canada
62. Wipe

Yeterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2		7		8		1	
1			6		5			9
	6			1			5	
		5				7		
6	1						4	3
		4				1		
	5			3			6	
8			4		9			2
	9		2		7		8	

Yesterday's Sudoku

5	2	3	9	1	4	6	7	8
9	4	7	3	8	6	2	1	5
6	1	8	5	7	2	3	4	9
1	8	5	7	3	9	4	8	2
7	9	4	8	2	1	5	3	6
3	8	2	4	6	5	7	9	1
2	7	1	6	9	3	8	5	4
8	5	9	2	4	7	1	6	3
4	3	6	1	5	8	9	2	7

Today
3°/-6°
Rain and snow
80%
Thursday
0°/-6°
Sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
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2012 CANADIAN & NORTH AMERICAN CAR OF THE YEAR

HWY: 5.2L/100 KM
CITY: 7.1L/100 KM

Limited model shown

HWY: 5.6L/100 KM
CITY: 8.7L/100 KM

Limited model shown

2013 SONATA

GET UP TO

$3,500 IN PRICE ADJUSTMENTS‡ WITH 0%† FINANCING FOR 48 MONTHS

FRIENDS & FAMILY SELLING PRICE $22,200♦

SONATA GL AUTO. DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

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HWY: 6.7L/100 KM
CITY: 10.1L/100 KM

Limited model shown

2013 SANTA FE

GET UP TO

$1,150 IN PRICE ADJUSTMENTS‡ WITH 0%† FINANCING FOR 24 MONTHS

FRIENDS & FAMILY SELLING PRICE $27,245♦

SANTA FE 2.4L FWD AUTO. DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

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100,000 KM COMPREHENSIVE LIMITED WARRANTY™

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Kanata, On 613-592-8883

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Ottawa, 613-688-3600

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